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Govt Aims to Double J&K Startups by 2027 : Omar Abdullah

CM urges youth to embrace innovation and learn from failure



HT NEWS NETWORK

SRINAGAR, JULY 23: Chief Minister Omar Abdullah on Thursday reaffirmed the government's commitment to strengthening Jammu and Kashmir's startup ecosystem, expressing confidence that the number of registered startups in the Union Territory would double by 2027.

Launching the three-day ASCEND J&K 2026 Startup Ecosystem Summit at SKICC, Srinagar, the Chief Minister encouraged young entrepreneurs to pursue innovation without fearing failure.

He said unsuccessful attempts should be viewed as learning opportunities and assured continued government support through mentorship, funding, policy assistance and networking platforms.

Intensify Anti-Terror Operations : LG Sinha Directs Agencies

LG Orders Stronger Security, Disaster Preparedness for Amarnath Yatra



HT NEWS NETWORK

SRINAGAR, JULY 23: Lieutenant Governor Manoj Sinha on Thursday directed security forces and the civil administration to ensure seamless coordination for the safety and convenience of pilgrims undertaking the ongoing Shri Amarnath Ji Yatra while calling for intensified intelligence-led anti-terror operations.

Chairing a high-level security review meeting in Srinagar, the

Lieutenant Governor reviewed security arrangements, logistics, weather preparedness and disaster response measures in view of recent heavy rainfall.

He stressed that the resumption of the pilgrimage would remain subject to favourable weather conditions and instructed officials to strengthen flood protection measures and ensure immediate clearance of debris from nallahs along the yatra routes.

The Lieutenant Governor also ordered a department-wise audit of

power, water supply, fire and emergency services and directed authorities to maintain round-the-clock disaster preparedness. He instructed officials to ensure adequate stocks of rations, LPG, kerosene, oxygen cylinders, medicines and emergency supplies besides maintaining sanitation and healthcare facilities.

Mr. Sinha directed strict enforcement against unregistered service providers and ordered implementation of a 100 per cent prepaid service system. He also called for additional power backup, ambulances, fire safety measures and deployment of specialised wildlife response teams along the pilgrimage routes.

Officials informed the meeting that more than 3.91 lakh pilgrims have performed darshan during the first 20 days of the yatra.

The Lieutenant Governor appreciated the efforts of the Army, J&K Police, civil administration, Shri Amarnathji

SEE ON P-2

Centre Grants Special Status to Two Key Kashmir Rail Projects

Qazigund-Srinagar-Budgam Doubling, Baramulla-Uri line to be Fast-Track



HT NEWS DESK / AGENCIES

New Delhi, July 23: The Centre has declared two major railway projects in Jammu and Kashmir as Special Railway Projects, a move expected to accelerate execution and simplify land acquisition procedures.

The projects include the 73.5-km doubling of the Qazigund-Srinagar-Budgam railway section and the 40.2-km Broad Gauge rail link between Baramulla and Uri.

The Ministry of Railways issued the notification under the Railways (Amendment) Act, 2008, granting the projects special status under the Railways Act, 1989.

Officials said the decision would help expedite statutory clearances and land acquisition, particularly for the strategically important Uri-Baramulla line located close to the Line of Control.

SEE ON P-2

Choudhry Ramzan Backs NEET Protesters, Demands Justice

NC MP seeks compensation for affected families, fair probe into alleged paper leak

HT NEWS DESK / AGENCIES

New Delhi, July 23: National Conference Member of Parliament Chowdhary Mohammad Ramzan on Thursday extended support to students protesting over the alleged NEET paper leak, demanding

SEE ON P-2

Omar Rewarded Main Accused in MBBS Scam : LoP Sunil Sharma

BJP leader alleges former BOPEE official received extension and post-retirement appointment



HT NEWS DESK / AGENCIES

JAMMU, JULY 23: Leader of Opposition Sunil Kumar Sharma on Thursday accused Chief Minister Omar Abdullah of having rewarded the principal accused in the 2012 MBBS entrance examination scam by granting him service extension and a post-retirement consultancy.

In a statement, Sharma alleged that the accused official was appointed

consultant despite being linked to the alleged sale of Common Entrance Test question papers.

He further questioned why investigating agencies under the then government allegedly failed to act until directed by the High Court.

Sharma also referred to allegations relating to the 2025 Junior Engineer Electrical examination, saying issues concerning

Assembly Privileges Committee to Hear Case Against Waheed Para Today

PDP's MLA Directed to Appear Before Panel in Srinagar

HT NEWS NETWORK

SRINAGAR, JULY 23: The Jammu and Kashmir Legislative Assembly's Committee on Privileges will examine the breach of privilege case involving MLA Waheed Ur Rehman Para on July 24.

According to an official Assembly bulletin, the meeting will be chaired by Justice Hasnain Masoodi at the Assembly Secretariat in Srinagar.



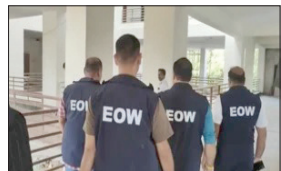
EOW Chargesheets Four in ₹2.5 Crore Shawl Fraud Case

Crime Branch files chargesheet after recovery of shawls worth ₹68 lakh

HT NEWS DESK / AGENCIES

SRINAGAR, JULY 23: The Economic Offences Wing (EOW), Kashmir, has filed a chargesheet against four accused persons in connection with an alleged shawl fraud involving more than ₹2.5 crore. According to the Crime Branch, the accused allegedly induced the complainant to supply shawls on

SEE ON P-2



CS directs departments to fast-track AI use cases to enhance public service delivery across J&K

MeitY AI CoE to be operational by August 2026



HT NEWS DESK / KNO

SRINAGAR, JUL 23: Chief Secretary, Atal Dulloo, today chaired a high-level review meeting to assess the progress made on the adoption of Artificial Intelligence (AI) in governance in Jammu and Kashmir and the establishment of the Ministry of Electronics & Information Technology (MeitY) Centre of Excellence

(CoE) in Artificial Intelligence here. The meeting besides the concerned Administrative Secretaries was attended by the Representatives from Indian Institute of Technology Jammu; BISAG and other concerned officers of the Union Territory. While reviewing the progress, the Chief Secretary observed that Artificial

SEE ON P-2

RO No- 1920

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Govt Aims to

Highlighting innovations displayed at the summit, Omar cited technologies aimed at preventing frozen water pipelines, improving agricultural resilience, enhancing public safety and promoting renewable energy.

He invited investors to partner with local entrepreneurs and said innovation-driven enterprises could generate employment and strengthen the region's economy.

Intensify Anti-Terror

Shrine Board, volunteers and service providers for ensuring the smooth conduct of the pilgrimage.

Centre Grants

The notification follows the commissioning of the Udhampur-Srinagar-Baramulla Rail Link (USBRL), which connected the Kashmir Valley with the national railway network.

Choudhry Ramzan

justice, accountability and compensation for families of aspirants who reportedly died by suicide.

Ramzan reiterated his party's demand for the resignation of Union Education Minister Dharmendra Pradhan, holding him morally responsible for the alleged irregularities.

He also criticised the reported use of force against protesters at Jantar Mantar and called for a transparent investigation to restore public confidence in the examination system.

Omar Rewarded

transparency in recruitment remained unresolved.

Assembly Privileges

Para has been asked to appear before the committee, while arrangements for media coverage and security have also been put in place.

EOW Chargesheets

the promise of profitable returns but failed to make payment.

During the investigation, 338 shawls valued at approximately 68 lakh were recovered and returned to the complainant under court directions.

The chargesheet has been filed before the Court of Sub Judge Small Causes, Srinagar, under relevant provisions of the Ranbir Penal Code.

The Crime Branch advised the public to remain vigilant against economic frauds and report suspicious financial activities to the authorities.

CS directs

Intelligence has the potential to fundamentally transform governance by improving efficiency, transparency, responsiveness and quality of public services. He maintained that the Government must leverage emerging technologies not merely as digital tools but as strategic enablers for better governance, faster decision-making and enhanced citizen service delivery.

He emphasised that technological solutions should

complement the existing digital ecosystem instead of creating parallel systems, thereby ensuring optimal utilisation of public resources and seamless integration with existing platforms.

The Chief Secretary called upon the Administrative Departments to proactively engage with the Information Technology Department for expeditious implementation of the identified use cases. He directed the departments to nominate dedicated nodal officers wherever required and ensure timely sharing of quality datasets essential for development, testing and validation of AI solutions.

He further stressed that data quality, interoperability and departmental ownership would remain critical to the successful deployment of AI applications across government.

Calling for a structured implementation framework, the Chief Secretary directed that sector-specific workshops be organised with all departmental nodal officers, technology partners, domain experts and implementation agencies to comprehensively assess data availability, infrastructure readiness, operational workflows and field-level requirements before commencement of pilot projects.

He observed that such collaborative exercises would facilitate preparation of realistic implementation roadmaps while enabling departments to identify operational challenges at an early stage.

The Chief Secretary also emphasised that progress achieved under each AI initiative shall be monitored on a regular basis through defined milestones and outcome indicators so that implementation bottlenecks are resolved in a time-bound manner. He stressed the need for close coordination among all stakeholder departments to ensure that the identified AI initiatives translate into measurable improvements in governance across the Union Territory.

Earlier, a detailed presentation was made by the Commissioner Secretary IT, Saurabh Bhagat on the organisational framework, implementation strategy, current status and future roadmap of the Centre. The presentation also highlighted the action taken on the decisions of the Union Territory Level Steering Committee, the progress achieved on the identified AI use cases and the proposed roadmap for pilot implementation across departments.

During the meeting, the Chief Secretary was apprised of the progress achieved in establishing the MeitY Centre of Excellence in Artificial Intelligence at IIT Jammu, conceived as a mission-mode national initiative to accelerate AI adoption across governance and public service delivery.

He was informed that the Centre is being readied for operationalisation, with around 10,000 square feet of space already earmarked and infrastructure being prepared for occupancy by August this year. It was added that the implementation roadmap and key performance indicators have been finalised in consultation with the Ministry of Electronics & Information Technology, while procurement of high-performance computing infrastructure has been initiated for hosting the AI Digital Public Infrastructure (AI-DPI). Moreover, the meeting was also presented with a detailed status report on the Artificial Intelligence adoption programme being implemented across the Union Territory pursuant to the decisions of the Union Territory Level Steering

Committee (UTLSC) on AI.

A comprehensive review was undertaken of the twenty AI use cases identified across eight priority sectors, namely Education, Skill Development, Agriculture, Power Development, Public Governance, Health & Medical Education, Transport & Infrastructure and emerging sectors including Tribal Welfare and Security. The Chief Secretary was informed that consultations have been held with several premier academic institutions, technology companies, start-ups and research organisations for developing practical AI solutions tailored to the requirements of the Government. Multiple solution providers have expressed willingness to undertake pilot implementations in collaboration with the concerned departments, with several pilot proposals already under technical evaluation.

The meeting reviewed the progress achieved in respect of AI-enabled interventions for foundational literacy and numeracy, multilingual learning platforms, precision agriculture, hyper-local weather intelligence, digital governance, utility demand forecasting, infrastructure health monitoring, urban flood modelling, oral cancer screening, clinical decision support systems and several other technology-enabled public service applications. The status of departmental consultations, technical validations, pilot planning and stakeholder engagements undertaken for each use case was also reviewed in detail.

The meeting concluded with a commitment from all participating departments and partner institutions to work for expeditious implementation of the AI roadmap, with the objective of harnessing Artificial Intelligence as a key driver of transparent, efficient and citizen-centric governance in Jammu and Kashmir—(KNO)

5,317 road accidents, 983 deaths reported in UT in 2025: GoI

Raja Syed Rather

SRINAGAR Road accident fatalities in Jammu and Kashmir increased in 2025 despite a decline in the total number of accidents, the Government of India (GoI) informed Parliament on Thursday.

Replying to an unstarred question in the Lok Sabha, Union Minister for Road Transport and Highways Nitin Gadkari, as reported by the news agency—Kashmir News Observer (KNO), said that 5,317 road accidents claiming 983 lives were reported in Jammu and Kashmir during 2025. In comparison, the UT recorded 5,808 accidents and 831 fatalities in 2024, 6,298 accidents and 893 deaths in 2023, and 6,092 accidents with 805 fatalities in 2022. The minister said road accidents are a multi-causal phenomenon, with the major causes broadly classified as human error, road condition/environment and vehicular condition.

He said the government has adopted a 4E

PUBLIC NOTICE

I, KHURSHIED AHMAD GANIE father of TABIA JAAN resident of HARNOW KAWACHAK hereby notified the general public that the name in the Adhaar card bearing Adhaar No 5346 9360 3445 has been wrongly entered as TOBIA JAN while the correct name is TABIA JAAN this notice is being published for the correction of the name in the Adhaar records and all other documents. If any person has any objection to this name correction they may contact the UIDAI or the undersigned with valid documents proof within seven days from the date of publication of this notice after that no objection will be entertained ..

**Name.....KHURSHIED AHMAD GANIE
F/O...TABIA JAAN
R/O ...HARNOW KAWACHACK**

PUBLIC NOTICE FOR NAME CORRECTION

This is to inform the general public and all concerned authorities that the name of the undersigned has been incorrectly recorded in the Aadhaar records.

Incorrect Name: Sobiya Ahad
Correct Name: Subia Ahad
The correct particulars are as follows:
Name: Subia Ahad
Father's Name: Abdul Ahad Rashie
Address: Kakothal
Aadhaar Number: XXXX XXXX 3736

The incorrect name "Sobiya Ahad" appearing in the Aadhaar record is due to an inadvertent error. The correct name is "Subia Ahad," and the same may kindly be treated as the valid and correct name for all official purposes. This public notice is being issued in support of the application for correction of the name in the Aadhaar records. If any person has any objection regarding this correction, they may raise it before the concerned authority within the prescribed period.

**Subia Ahad
D/o Abdul Ahad Rashie
R/o Kakothal**

PUBLIC NOTICE

It is hereby notified that my name has been incorrectly mentioned in my Bank Account as SHAOIB AHMAD BHAT bearing Account no 0139040100011913 while my correct name is SHOIB MOHAMMAD BHAT S/O GH MOHAMMAD BHAT which needs to be corrected if anybody having any objection in this regard he/she may file his/her objection in the office of J&K BANK KREERI authority of India within seven days from the publication of this notice after that no objection will be entertained

**Name...SHOIB MOHAMMAD BHAT
S/O ... GH MOHAMMAD BHAT
R/O ...TILAGAM PATTAN
Account No...0139040100011913
Dist....BARAMULLA**

PUBLIC NOTICE

Subject: Public Notice for Correction of Name and Date of Birth in Aadhaar Record
I, Muskan Nazir, Daughter of Nazir Ahmad Mir, Resident of Kreeri, Baramulla, hereby declare that my name and date of birth have been incorrectly recorded in my Aadhaar card. The corrections required are as follows:

- Incorrect Name: Simran Nazir
- Correct Name: Muskan Nazir
- Incorrect Date of Birth: 14/04/2005
- Correct Date of Birth: 20/10/2005

This public notice is being issued for the purpose of correction of my Aadhaar details and for submission before the UDID Authority.

If any person has any objection regarding the above-mentioned corrections, they may submit the same, along with supporting documentary evidence, to the UDID Office within the prescribed time. If no objection is received, the concerned authority may proceed with the correction of my Aadhaar records accordingly. I hereby declare that the information furnished above is true and correct to the best of my knowledge and belief.

Place: Kreeri, Baramulla
**Name: Muskan Nazir
D/o Nazir Ahmad Mir
R/o kreeri**

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CS reviews adoption of Chandigarh's online Property Management System for Housing Colonies in J&K

■ **HT News Network**

SRINAGAR, JULY 23: Chief Secretary, Atal Dulloo, today in a meeting of Housing & Urban Development Department (H&UDD) reviewed the adoption of Chandigarh's Property Management System (PMS) developed by their National Informatics Centre (NIC) for digitising the management of housing colonies under the Housing & Urban Development Department (H&UDD), here.

The initiative aims at providing transparent, efficient and citizen-centric online services to the allottees of government housing colonies across the Union Territory.

The meeting was attended by Commissioner Secretary, Housing & Urban Development Department; Commissioner, Jammu Municipal Corporation

(JMC); Commissioner Srinagar Municipal Corporation (SMC); Vice Chairman, Jammu Development Authority (JDA); Vice Chairman, Srinagar Development Authority (SDA); SIO, NIC J&K; Managing Director, J&K Housing Board; Director, ULB, Kashmir/Jammu and other senior officers. Officers from NIC Chandigarh joined the meeting through virtual mode.

Emphasising the importance of leveraging technology to improve public service delivery, the Chief Secretary observed that adoption of the Property Management System would mark significant step towards digital governance in the Housing & Urban Development Department.

He said that the online platform would simplify property-related procedures, minimise physical interface between citizens and government offices, reduce processing time and



provide greater convenience to the allottees of government housing colonies across Jammu & Kashmir.

The Chief Secretary directed the concerned departments and implementing agencies to ensure time-bound implementation of the project

by working in close coordination with NIC Chandigarh and NIC J&K. He stressed the need for completing the required customisation, ensuring data accuracy, undertaking comprehensive testing and completing the security audit before rolling out the system for

public use. He also called for adequate capacity building of the concerned staff to facilitate smooth implementation of the project.

At the outset, the Commissioner Secretary, H&UDD, Mandeep Kaur apprised about the salient features and progress achieved in adopting the Property Management System, which has been successfully implemented by the Chandigarh Administration for delivering online property management services. She added that the system has been designed to provide an end-to-end digital platform for processing ownership and lease-related services through an online workflow, thereby ensuring greater transparency, accountability, efficiency and ease of access for citizens.

During the meeting, the NIC Chandigarh team gave a comprehensive live demonstration of the online Prop-

erty Management System and showcased its various modules, functionalities, workflow and operational efficiency. The team explained the citizen-centric services and features of the portal and demonstrated the complete digital processing of applications from submission to final disposal through a structured online workflow.

The demonstration highlighted various online services proposed to be made available to the allottees, including transfer of ownership based on registered deeds, transfer of lease rights, issuance of No Objection Certificates for transfer of lease rights, grant of permission to mortgage properties and issuance of No Dues Certificates. The system also enables applicants to monitor the status of their applications online, thereby ensuring greater transparency.

FDA conducts 148 inspections, lifts 99 Food Samples across all Districts of UT

■ **HT News Network**

SRINAGAR, JULY 23: The Food & Drugs Administration (FDA), J&K conducted inspections and sampling across the Union Territory to check compliance with food safety requirements.

During the drive, 148 food business establishments were inspected and 75 enforcement samples were lifted.

Further, six Improvement Notices were issued to Food Business Operators (FBOs) for deviations from hygiene and sanitary requirements. Six FBOs were compounded under Section 69 of the Food Safety and Standards Act, 2006, and a fine of ₹ 6,000 was imposed.

In view of the prevailing rainy season, consumers were advised to use boiled drinking water, avoid pre-cut fruits and food kept in unhygienic conditions, and ensure proper storage of food items.

FDA has requested consumers to report any suspected unsafe or adulterated food product through Toll-Free Helpline No. 104 or email at cfsjandk.fnd@jk.gov.in.

Three medical shops closed in surprise inspections in Shopian

■ **HT News Network**



SHOPIAN, JULY 23: Acting on the directions issued during the NCORD review meetings, Drugs Control Department, Shopian today conducted surprise inspections of pharmacies in Keegam and Keller to ensure strict compliance with the provisions of the Drugs and Cosmetics Act, 1940 and the Rules framed thereunder.

During the inspection drive, officials verified the functioning of Computerized Billing Systems (CBS) and CCTV cameras besides examining purchase and sale records of scheduled formulations, stock registers, invoices and the availability of qualified persons at licensed premises.

The inspection also assessed adherence to licence conditions and statutory requirements.

During the enforcement drive, several violations of licence conditions were detected, including the absence of qualified persons at licensed establishments. Consequently, three medical shops were ordered to be closed on the spot under the relevant provisions of the Drugs and Cosmetics Act, 1940 and the Rules framed thereunder. The department also initiated further regulatory action against the defaulting establishments in accordance with the provisions of the Act and Rules. The enforcement drive was aimed at strengthening regulatory oversight, preventing the misuse and diversion of scheduled drugs and ensuring strict compliance with drug control laws. The Drugs Control Department reiterated that similar inspection drives will continue across the district on a regular basis to safeguard public health and ensure accountability among licensed pharmacies.

Deputy Chief Minister reviews flash flood restoration in Nowshera, emphasizes swift recovery, long term mitigation measures

■ **HT News Network**

RAJOURI, JULY 23: Deputy Chief Minister Surinder Choudhary today chaired a comprehensive review meeting at Nowshera to assess the progress on restoration works and emergency response measures being undertaken in the aftermath of the recent flash floods. He reviewed the preparedness and response of all concerned departments and directed the officers to ensure speedy restoration of essential services and effective relief measures for the affected population.

The Deputy Chief Minister conducted a department-wise review of the restoration works and stressed the need for expediting the restoration of roads, drinking water supply, electricity and other essential public services. He directed all the departments to complete a comprehensive assessment of losses at the earliest so that appropriate relief and restoration measures can be taken up without delay.

Emphasising the importance of long-term disaster mitigation, the Deputy



Chief Minister directed the Irrigation and Flood Control Department to prepare and submit a comprehensive plan within five days suggesting both immediate and permanent measures to minimise the impact of flash floods and prevent similar damage in the future. He underscored the need for scientific planning, strengthening vulnerable areas and adopting sustainable flood

management strategies.

The Deputy Chief Minister also instructed the officers to maintain close coordination among the departments, closely monitor the progress of restoration works and ensure that all affected families receive timely assistance. He reiterated that the government is committed to extend every possible support for reha-

bilitation of flood-affected people and restoring normalcy at the earliest.

Appreciating the prompt and coordinated response of the district administration and all line departments during the flash flood situation, the Deputy Chief Minister lauded the dedication and commitment displayed by the officers and officials in carrying out rescue, relief and restoration operations under challenging circumstances. He urged them to maintain the same momentum and continue working with unwavering commitment to ensure the early restoration of normalcy and timely assistance to every affected family.

Earlier, Additional Deputy Commissioner Nowshera, Pritam Lal Thapa, presented a detailed briefing on the damage caused by the flash floods. He informed about the loss to life and property and the damage caused to schools, roads, houses, standing crops, dug wells and other public infrastructure. He also highlighted the impact on PMGSY roads, health institutions and infrastructure under the Agriculture, Animal and Sheep Husbandry and Jal Shakti Departments.

CUKashmir holds workshop on women empowerment

■ **HT News Network**

Ganderbal, July 23: Dean Students' Welfare (DSW), Central University of Kashmir (CUKashmir) and Inderprastha Engineering College (IPEC), Ghaziabad, Uttar Pradesh, organized a one-day ICSSR-sponsored workshop on "Empowerment of Women through Awareness regarding the Muslim Women (Protection of Rights on Marriage) Act, 2019."

The workshop was organized under an ICSSR-sponsored Policy Research Project led by Dr. Mahjabin Banu,



Principal Investigator and Chief Project Director.

The workshop witnessed participation from academicians, legal experts, government officials, representatives of civil society organizations, Mission Shakti, women welfare officers, ASHA workers, media professionals, faculty members, students, research

scholars, and women beneficiaries, including divorced women and women facing domestic and marital challenges.

Dean School of Legal Studies, Prof. Farooq Ahmad Mir, delivered an insightful address on the constitutional and legal dimensions of the Muslim Women (Protection of Rights on Marriage) Act, 2019. He elaborated on issues relating to women's legal rights, marriage, divorce, maintenance, and property rights, emphasizing that legal awareness is the cornerstone of women's empowerment.

Dr. Syed Darakhshan visits Makhdoom Sahib shrine to access Urs arrangements

■ **HT News Network**

SRINAGAR, JULY 23 Chairperson of the J&K Waqf Board Dr Syed Darakhshan Andrabi, today visited the shrine of Sultan-ul-Arifeen Hazrat Makhdoom Sahib (RA) in Srinagar to take stock of the Annual Urs preparedness. She also inspected the undergoing construction works at the shrine. Dr Andrabi was accompanied by the Waqf Board officers and the team of engineers. Waqf Chairperson analysed the quality of construction in the ongoing works and instructed the staff to complete the works in time strictly as per the project specifications. She paid obeisance at the shrine and prayed for the welfare, peace and prosperity of all. Chairperson reiterated that all Urs arrangements are being put in place in coordination with the Civil Adminis-



tration, Security agencies and the public by Waqf Board. She appreciated the hard work of the Board employees who are toiling hard in the new transparent and accountable system to facilitate the visitors at all shrines.

J&K Judicial Academy organizes capacity-building programme on Juvenile Justice

■ **HT News Network**

SRINAGAR, JULY 23 Under the guidance of Justice Sindhu Sharma, Judge, High Court of Jammu & Kashmir and Ladakh and Chairperson, Committee under the Juvenile Justice Act, the Jammu & Kashmir Judicial Academy today organized a Capacity-Building Programme on Juvenile Justice for the Principal Magistrates of the Juvenile Justice Boards. The programme was conducted in hybrid mode, with the Principal Magistrates from the Kashmir Division participating physically at the Academy's Mominabad Campus, Srinagar, while those from the Jammu Division joined virtually. The programme was also attended by the Newly Selected Civil Judges (Junior Division), Batch-2026,



presently undergoing the Pre-Appointment Induction Training Programme. The programme was organized pursuant to the

approval of the Juvenile Justice Committee, High Court of Jammu & Kashmir and Ladakh, based on a comprehensive Training Needs Assessment undertaken by the Office of the Member Secretary, Juvenile Justice Committee. It was also aimed at facilitating implementation of the directions issued by the Supreme Court of India in Juvenile Delinquent v. State of U.P. & Others (Criminal Appeal No. 2010 of 2026), along with the Standard Operating Procedure and the communication issued by the Registrar General, High Court of Jammu & Kashmir and Ladakh. The programme commenced with a welcome address by Director, Jammu & Kashmir Judicial Academy, Naseer Ahmad Dar who highlighted the significance of the programme in strengthening the implementation of the Juvenile Justice (Care and Protection of Children) Act, 2015.

Heavy Rainfall: DC Anantnag visits high risk areas, takes stock of situation

Emphasises high state of vigilance, timely evacuation of vulnerable families; Appeals public to follow advisories

HT News Network

ANANTNAG, JULY 23: Amid continuing inclement weather and heavy rainfall, Deputy Commissioner (DC) Anantnag, Dr. Bilal Mohiuddin Bhat, today conducted an extensive tour of various high-risk locations, vulnerable riverside areas, and major streams (Nallahs) across the district to assess the situation on the ground.

The DC toured critical sites including Mehndi Kadal, Danter Bridge, Ashajipora Bye Pass, Deva Colony, Rooh, and Aang to observe the ground situation. He was accompanied by ADC, Dr. Muzamil Maqbool Beig; SE Hydraulics, Sareer Ahmad Wani; SE PWD, Syed Ishfaq Ahmad; ACR, Tariq Ahmad Malik; Tehsildar Anantnag,

ExEn Flood Control, CEO and Secretary MCA and officials from other essential services.

During the visit, the DC reviewed the water levels of key water bodies, including the Aripat, Bringi, and Liddar Nallahs, and evaluated the safety and mitigation measures implemented by the Flood Control, Public Works Department (R&B), Revenue, Police, SDRF, and other concerned agencies. He inspected the dewatering station at Mehndi Kadal and asked the concerned officers to closely monitor the water levels and act immediately when required, to avoid water logging in main town.

The DC was informed that dewatering pumps have been actively deployed at crucial choke points and waterlog-



ging has been cleared at major spots, including KP Road, Janglat Mandi, Ganjiwara, General Bus Stand, town

interiors and other roadside areas. He was further informed that a number of nomadic, labor, and vulnerable

families have been safely relocated to fully operational evacuation centers at Brakpora, Hiller, Aang, Bijbehara, and other high risk places. Further, strengthening of river embankments by Sand and EC Bags has been carried out at various breach prone places including Batengu, Mehndi Kadal, Deva Colony, GMC Anantnag, Pushwara and Sagam.

Taking stock of the situation, the DC directed that all departments must remain in a high state of alert and readiness to prevent any untoward incident related to life of residents and to minimise property damage. He called for seamless pre-positioning of joint response teams comprising officials of Revenue, Police, SDRF, CRPF, and civil administration at safer and

strategic locations to ensure swift rescue operations, if required. He instructed for the prompt evacuation of nomadic groups, and labour communities residing near water bodies to nearby emergency shelters equipped with essential facilities.

Interacting with local residents during his visit, the DC urged citizens to remain calm, avoid venturing near rivers and streams, restrict unnecessary travel until the weather improves, and strictly adhere to official advisories. While the overall situation in Anantnag district remains under control, the District Administration is continuously monitoring weather patterns as well as water levels and is prepared to handle both emergency mitigation and post-rainfall recovery.

District Admin Bandipora to work with School Ecology Clubs for waste Management

HT News Network

BANDIPORA, JULY 23: Deputy Commissioner Bandipora, Indu Kanwal Chib, on Thursday chaired a preliminary meeting with Eco Club Incharges of High and Higher Secondary Schools across the district, along with students from NMB-HSS and GHSS Bandipora, to discuss the urgent need for effective waste management and environmental conservation.

The Deputy Commissioner highlighted the important role of educational institutions in promoting environmental awareness and called for revitalising Eco Clubs across the district. She stressed the need for regular monitoring



of Eco Club activities and urged the Incharges to identify and encourage committed students and teachers to lead environment protection initiatives in their respective institutions.

The meeting also discussed the implementation of the Solid Waste Manage-

ment Rules and deliberated on the role of Eco Clubs in promoting waste segregation at source, waste reduction and sustainable waste management practices.

To strengthen practical learning and encourage greater awareness, the Deputy Commissioner

urged the participants to undertake exposure visits to key district initiatives, including the Knowledge Centre, Jal Shakti Kendra, NRLM Women Self-Help Group-run Cafeteria and Project Insaniyat, to gain first-hand experience of sustainable and community-driven initiatives.

On the occasion, the Deputy Commissioner urged the Eco Club Incharges and students to lead by example by adopting zero-waste practices beginning from their own homes. She said that lasting environmental change begins with individual responsibility and collective action, and called upon everyone to contribute towards preserving the natural beauty and ecology of Bandipora.

Govt constitutes selection committee for recommending appointments to J&K Mental Health Authority

Panel to scrutinize applications, recommend members under mental healthcare Rules, 2023

HT News Network

Srinagar, Jul 23 (KNO): The Government has constituted a Selection Committee for recommending appointments to the Jammu & Kashmir Mental Health Authority in accordance with the provisions of the J&K Mental Healthcare (Mental Health Authority) Rules, 2023.

According to Government Order No. 571-JK(HME) of 2026, dated July 22, 2026, which is in possession of the news agency—Kashmir News Observer (KNO) the committee has been constituted under Rule 5 of the Mental Healthcare Rules,



2023, to oversee the selection process for members of the Mental Health Authority.

As per the order, the Commissioner/Secretary to the Government, Health and Medical Education Department will serve as the Chairperson of the committee.

The other members include the Mission Director, Jammu & Kashmir National Health Mission (NHM), the Head of the Department of Psychiatry, Government Medical College (GMC) Srinagar, and the Head of the Department of Psychiatry, Government Medical Col-

lege (GMC) Jammu.

The government has entrusted the committee with scrutinizing all professional nominations and applications received for appointment to the Jammu & Kashmir Mental Health Authority. After evaluating the applications, the committee will recommend suitable candidates to the government for appointment to the statutory body.

The order further states that the Jammu & Kashmir National Health Mission (NHM) will provide secretarial assistance and logistical support to the Selection Committee to facilitate the effective discharge of its functions—(KNO)

DC Kulgam reviews functioning of FCS&CA Department

Farooq Rather

KULGAM, JULY 23: Deputy Commissioner (DC) Kulgam, Shahzad Alam, today chaired a review meeting to assess the functioning and performance of the Food, Civil Supplies & Consumer Affairs (FCS&CA) Department in the district.

The meeting focused on the implementation of various public distribution schemes, availability of essential commodities, ration distribution, Aadhaar seeding, e-KYC progress, grievance redressal, and overall service delivery under the Public Distribution System (PDS).

The Deputy Commissioner reviewed the status of ration card management, distribution of food grains, and mea-



sures taken to ensure transparency and timely delivery of benefits to eligible beneficiaries.

The DC stressed the importance of maintaining adequate stocks of essential commodities and ensuring uninterrupted supplies across all areas of

the district. He focussed on prioritising the timely distribution of essentials along with strengthening the grievance redressal mechanism.

Emphasizing accountability and efficiency, the DC directed the concerned officers to address public grievances promptly, strengthen monitoring mechanisms, and ensure that no eligible beneficiary is deprived of entitlements under government welfare schemes.

The meeting was attended by Additional District Development Commissioner Kulgam, Altaf Ahmad Khan, Additional Deputy Commissioner Kulgam, Vikar Ahmad Giri, Assistant Director, FCS&CA Kulgam, Iftikhar Ahmad Khan and Tehsil Supply Officers along with other concerned officials.

HT News Network

Srinagar, Jul 23: In a bid to strengthen solid waste management, the Jammu and Kashmir Housing and Urban Development Department has begun a UT wide sticker campaign to encourage segregation of waste at source through a four bin system in all urban areas.

Officials told that the municipal bodies, including the Srinagar and Jammu Municipal Corporation, have started distributing and pasting instructional waste segregation stickers in residential areas, commercial establishments and other high footfall locations under the Swachh Bharat Mission Urban 2.0, to ensure compliance with the Solid Waste Management Rules 2026.



They said Community Mobilisers and Swachhata Executives are carrying out door to door awareness campaigns in every municipal ward across the UT, interacting with residents and placing colour coded stickers at waste collection points to encourage segregation of waste at source. The initiative aims to improve waste processing, reduce the burden on dumping sites and ensure safer handling of waste by sanitation workers, officials added.

As per the four bin system, blue stickers are meant for dry recyclable

waste such as paper, plastic, glass, metal, cardboard and Tetra Paks, while green stickers are for biodegradable wet waste including food leftovers, fruit and vegetable peels, tea leaves, coffee grounds and garden waste. Similarly, red stickers are meant for hygiene waste such as sanitary pads, diapers, tissues, wet wipes and menstrual cups, while black stickers are designated for household hazardous waste including used batteries, expired medicines, thermometers, tube lights, bulbs, chemicals and nail polish products. The Housing and Urban Development Department appealed to residents, shopkeepers and institutions to cooperate with field staff and adopt the four bin waste segregation system to help build a cleaner and healthier Jammu and Kashmir.

Tarigami chairs Environment Committee meeting Reviews eco-tourism policy, emphasizes destination specific master plans for sustainable growth

HT News Network

SRINAGAR, JULY 2026: MLA, Mohammad Yousuf Tarigami today chaired a meeting of the Committee on Environment here at Legislative Assembly Complex to assess the implementation of the J&K Eco-Tourism Policy and environmental safeguards across Jammu and Kashmir.

The meeting was attended by Legislators Professor Gharu Ram, Dr Sajjad Shafi, Showkat Hussain Ganie and Javid Riyaz Bedar.

The Committee was apprised that the J&K Eco-Tourism Policy is in the advanced stages of formulation and aims to establish a framework for conservation of natural resources, regulation of tourism activities and promotion of community-based sustainable livelihoods. The Chairman laid special emphasis on the preparation of destination



specific Master plans for all eco tourism destinations in Jammu and Kashmir to ensure planned development, regulation of carrying capacity, scientific waste management and protection of biodiversity.

The Committee directed that these Master Plans be finalized in consultation with the experts, local communities and relevant stakeholders to ensure environmentally sustainable tourism growth across the UT. The Committee under-

took a comprehensive appraisal of major eco-tourism destinations, revenue trends over the last five years and environmental challenges confronting the sector. The Chairman reviewed the measures taken to promote eco-friendly tourism, including declaration of tourist and religious destinations as plastic and polythene-free zones. The Department informed that awareness programmes are being conducted under national cam-

paigns such as Travel for Life: Tourism for Tomorrow and Swachhata Hi Seva. Besides, enforcement mechanisms have been strengthened at destinations like Dodhpathri and Youmarg. He directed all CEOs of Tourism Development Authorities to submit destination-wise details on plastic-free initiatives and its enforcement. The Committee reviewed environmental compliance by Tourism Development Authorities, the status of Sewage Treatment Plants (STPs), including proposed mini-STPs, water quality, pollution control, solid waste management, carrying capacity of tourist destinations and implementation of tourism master plans. Particular concern was expressed over environmental issues related to Tawi Golf Club, Jammu, degradation of wetlands and illegal constructions and encroachments in tourist areas.

DC Srinagar visits Shrine of Makhdoom Sahib (RA), reviews arrangements for upcoming Urs

Participates in Sharika Jayanti Celebrations at Sharika Devi Temple

HT News Network

SRINAGAR JULY 23: Deputy Commissioner (DC) Srinagar, Akshay Labroo, today visited the Shrine of Hazrat Sultan-ul-Arfeen Sheikh Hamza Makhdoom (R.A.) at Makhdoom Sahib in Shahr-e-Khaas to review preparations for the forthcoming annual Urs.

He also visited Sharika Devi temple at Hari Parbat and participated in the Sharika Jayanti celebrations.

During both visits, the Deputy Commissioner took stock of arrangements, interacted with shrine and temple management members, devotees and Officers and emphasized coordinated efforts by all concerned departments to



ensure smooth, peaceful and hassle-free observance of the religious occasions.

During the visit to Makhdoom Sahib Shrine, the Deputy Commissioner was accompanied by Additional Deputy Commissioner, Mir Imtiaz Ul Aziz, Additional Deputy Commissioner Srinagar, Aadil

Fareed, IAS Probationer, Alfred Thomas, Joint Commissioner SMC, Nuzhat Qureshi, Chief Planning Officer, Fayaz Ahmad Dar, Chief Medical Officer, Dr Tahir Sajad, Executive Engineers of R&B, PHE, City, KPDC, Senior Officers of Police & Traffic departments, besides, members of

Makhdoom Sahib Shrine Management and other concerned. The DC reviewed the arrangements being put in place for the annual Urs, including water supply, uninterrupted electricity, transport services, parking and traffic management, sanitation and cleanliness measures, street lighting and medical facilities.

Interacting with local representatives, the DC sought their suggestions for further improving facilities for devotees expected to participate in large numbers. The DC directed the concerned departments to ensure availability of adequate drinking water at the shrine and maintain cleanliness in and around the premises. He instructed the SMC Srinagar.

Urdu Research Achieves Another Milestone at GU, PhD Thesis on Mazhar-ul-Haq Alvi Recommended for Award

■ GULFAM BARJI

Ahmedabad/July:23 Another significant milestone in Urdu research was achieved at Gujarat University "GU" as the open viva-voce of researcher Sheikh Haseena Ali Muhammad on her PhD thesis "Mazhar-ul-Haq Alvi" Personality and Literary Contribution was successfully conducted at the School of Languages. The external examiner Prof. Dr. Sajid Ali Qadri highly appreciated the academic quality of the thesis and the researcher's satisfactory



responses during the viva. He recommended the award of the PhD degree and also suggested that the thesis be published in book form after incorporating the necessary revisions. The research was carried out under the supervision of Dr.

Nazema Ansari Associate Professor at Gujarat Arts and Science College "GSC". This is the third successful PhD completed under her supervision marking another important achievement in the promotion of Urdu research at Gujarat

University. Speaking on the occasion Prof. Nutan Kotak, Director of the School of Languages, Prof. Mohiuddin Bombaywala, Zainul Abidin Ansari, Member of the Gujarat Urdu Academy, social activist Yasmeen Khan, and Sufi Irfan Qadri described the achievement as a welcome addition to Gujarat's rich academic and literary tradition. The event was attended by a large number of teachers, researchers, students and literary enthusiasts, who congratulated both the researcher and her supervisor on the successful completion of the research.

■ HT News Network

Qazigund, JULY 23: A 15-day SUMMER TIE Workshop, organised by the National School of Drama (NSD), Theatre-in-Education Centre, Srinagar, in collaboration with Shemstar International School, Qazigund, KASHMIR & J&K ACADEMY OF ART CULTURE AND LANGUAGES commenced today at the school campus hall. The workshop has been specially designed for children in the age groups of 8-12 years and 12-16 years. Through theatre-based learning, the programme aims to foster creativity,



confidence, communication skills, teamwork, imagination, and the holistic development of young participants.

The inaugural programme began with a warm welcome extended to the NSD faculty by Mr. Idrees Khan, Chief Administrative Officer of Shemstar International School. He appreciated the initiative of the National School of Drama

in bringing Theatre-in-Education activities to the students and expressed confidence that the workshop would provide a valuable learning experience. Addressing the participants, Mr. Sandeep Chaudhary, Workshop Director & Coordinator TIE Center Srinagar highlighted the significance of Theatre-in-Education as an effective educational methodology that promotes

experiential learning, creativity, self-expression, discipline, and personality development among children. He also shared the vision of Mr. Chittaranjan Tripathy, Director, National School of Drama, of promoting Theatre-in-Education as a powerful medium for education, cultural enrichment, and social awareness across the country. Students from both age groups enthusiastically participated in the inaugural session.

The workshop is being conducted by Mr. Sandeep Chaudhary Workshop Director, & Coordinator NSD TIE Centre, Srinagar

Javed Rana reviews flood relief, restoration measures in Mendhar

■ HT News Network



MENDHAR, JULY 23: Minister for Jal Shakti, Forest Ecology Environment and Tribal Affairs Javed Ahmed Rana today chaired a review meeting at Mendhar with the senior officers of the district administration and the concerned departments to assess the progress of relief, restoration and rehabilitation measures in the flood-affected areas.

The officers briefed the Minister on the extent of damage to public infrastructure, restoration of essential services, relief operations and the status of damage assessment.

The Minister directed the officers to expedite restoration works, ensure timely assistance to the affected families and maintain close inter-departmental coordination to facilitate early return to normalcy.

Javed Rana directed the district administration to receive and scrutinise all relevant documents submitted by the affected people to ensure that all genuine cases are processed expeditiously for relief, compensation and rehabilitation in accordance with the prescribed norms.

Addressing the affected residents, the Minister appealed to them to extend full cooperation to the administration in accurate assessment process. He assured them that the government would examine every eligible case with sympathy and provide all possible assistance.

The Minister directed the Irrigation and Flood Control Department to take immediate measures for restoration of breaches at various vulnerable points along the Mankote Nallah and other affected locations. He also issued on-the-spot instructions to the department to prepare Detailed Project Reports (DPRs) for all sites damaged by the floods, covering both the temporary restoration works for immediate relief and permanent measures to strengthen flood protection infrastructure and mitigate future risks.

He further directed the district administration and all line departments to work in close coordination and ensure immediate restoration of all essential services. He instructed the officers to expedite damage assessment and ensure that relief reaches every affected household without any delay.

DC Srinagar visits Flood Control Room at Ram Munshi Bagh, assesses situation arising of inclement weather

■ HT News Network

SRINAGAR JULY 23: In view of the inclement weather, Deputy Commissioner (DC) Srinagar, Akshay Labroo, who is also the Chairman of the District Disaster Management Authority (DDMA), today visited the Flood Control Room at Ram Munshi Bagh and reviewed the prevailing situation and preparedness measures put in place.

During the visit, the DC chaired a comprehensive review meeting with senior Officers and assessed the current water levels, gauge readings, discharge trends and readiness of the departments to respond effectively to any emerging situation. At the outset, the Deputy Commissioner was briefed about the latest gauge readings, status of River Jhelum and its tributaries and the mechanism established for round-the-clock monitoring and dissemination of real-time information. He also reviewed the contingency measures being implemented by various departments to tackle any emerging situation. Stressing the need for constant vigilance, the DC directed the Irrigation & Flood Control Department and other line departments to maintain uninterrupted monitoring of all gauge stations and vulnerable locations. He instructed Officers



to closely track the evolving situation, maintain real-time data analysis and ensure timely dissemination of updates to facilitate prompt decision-making. The Chairman DDMA directed the concerned Departments to undertake strengthening and protective measures at all identified vulnerable spots well in advance and ensure swift action in case of any emergent situation. Emphasizing

the importance of close coordination among all stakeholders, the DC called for an efficient preparedness and response mechanism to evolving situation. He directed Officers to remain in a state of readiness by mobilizing manpower, machinery and resources, particularly at vulnerable locations. The DC/Chairman DDMA underscored the need for seamless coordination among the Revenue teams, Police, National Disaster Response Force (NDRF), State Disaster Response Force (SDRF), Srinagar Municipal Corporation (SMC), Fire & Emergency Services and other concerned agencies for seamless and coordinated preparedness efforts. He directed the concerned agencies to pre-position adequate manpower, rescue teams and essential equipment besides mobilizing field staff in advance, especially in vulnerable areas.

DC Rajouri restricts movement and construction in flood-affected Bela Colony

■ HT News Network

RAJOURI, JULY 23: District Magistrate Rajouri Abhishek Sharma has prohibited public and vehicular movement and suspended all construction activity in flood-affected Bela Market and Bela Colony following severe flooding caused by the Rajouri Tawi River during the intervening night of

July 18-19, 2026.

The order, issued under Section 163 of the Bharatiya Nagarik Suraksha Sanhita (BNSS), 2023, read with relevant provisions of the Disaster Management Act, 2005, follows technical assessments by the Irrigation and Flood Control Division. GPS-based mapping and geo-referenced inundation data confirmed that floodwaters extended

beyond the normal riverbank, causing erosion, land instability and a continued threat to life and property.

Entry, movement and assembly by unauthorised persons and civilian vehicles in the notified areas stand prohibited with immediate effect. All construction-related activities, including excavation, earth-filling, foundation work, erection or repair of structures, dumping of material, deployment of machinery and any alteration in land use, have been suspended. No such activity may be undertaken without written permission from the District Magistrate and clearance from the competent technical authorities.

The restrictions will remain until hydrological, hydraulic and land-use assessments are completed.

The Deputy Commissioner directed the Health Department to expand TB testing, strengthen diagnostic facilities and ensure timely identification and treatment of patients. He called for enhanced counselling services, greater involvement of frontline health workers.

DC Udampur reviews TB Mukht Bharat Abhiyan progress in district

■ HT News Network

UDHAMPUR, JULY 23: Deputy Commissioner Udampur Minga Sherpa today chaired a meeting with Health Department officers to review the progress of the TB Mukht Bharat Abhiyan. Chief Medical Officer Udampur Dr Anil Manhas and District Tuberculosis Officer Dr Anil Saloch presented the district's performance, covering tuberculosis detection, treatment outcomes, screening coverage, Ni-Kshay Mitra registrations and other key indicators.

The Deputy Commissioner directed the Health Department to expand TB testing, strengthen diagnostic facilities and ensure timely identification and treatment of patients. He called for enhanced counselling services, greater involvement of frontline health workers.

DC Ramban Assesses Restoration of National Highway Amid Heavy Rainfall

Issues Directions for Public Safety and Restoration Works

■ HT News Network

RAMBAN, JULY 23: Deputy Commissioner Ramban, Mohammad Alyas Khan, today conducted an on-the-spot inspection of the Jammu-Srinagar National Highway (NH-44) from Ramban to Banihal to assess the impact of continuous heavy rainfall over the past two days and review the ongoing restoration works. He also reviewed the progress of restoration works on internal link roads across the district. The Deputy Commissioner was accompanied by Senior Superintendent of Police (SSP) Ramban Arun Gupta, SSP Traffic NHW Raja Adil Hamid, Sub-Divisional Magistrate (SDM) Banihal Mohammed Nas-



eeb Bajraan, besides other senior officers of the civil and police administration. During the inspection, the Deputy Commissioner reviewed the clearance operations being carried out by the National Highways Authority of India (NHAI) at vulnerable locations

affected by landslides and shooting stones. While the highway has largely been cleared, traffic continues to remain suspended as a precautionary measure due to the persistent risk of shooting stones at vulnerable stretches. The Deputy Commissioner directed all concerned departments to maintain close coordination and ensure that vehicular traffic is allowed only after the Traffic Department issues the necessary clearance and travel advisory.

He appealed to the public to strictly follow all advisories issued by the Police and Traffic authorities through official communication channels and advised commuters to avoid non-essential travel on the National Highway until weather conditions improve and official clearance is issued.

In view of the continuous rainfall and the rise in the water level of the Chenab River, local nallahs and streams, the Deputy Commissioner directed the concerned departments.

■ HT News Network

POONCH, JULY 23: In the aftermath of recent flash floods and landslides, Deputy Commissioner Poonch, Sh. Ashok Kumar Sharma, today inspected various water pumping stations to assess the damage and review the status of drinking water supply.

During the visit, the Deputy Commissioner thoroughly inspected the functioning of the pumping stations and took stock of the water supply arrangements. He reviewed the impact of the recent natural calamity on the water supply infrastructure and interacted with the concerned officials regarding the restoration and maintenance of the system. The DC directed the concerned Executive



Engineer and officials of the Jal Shakti Department to take immediate measures for the restoration and smooth functioning of all affected pumping stations.

The Deputy Commissioner also visited the riverbed, where he inspected

the protection bund damaged during the flash floods and assessed the condition of other flash flood-affected sites in the district.

He directed the concerned authorities to take prompt measures for the restoration and strengthen-

ing of the damaged protection infrastructure and ensure timely action at vulnerable locations.

During the visit, the Deputy Commissioner also interacted with the local public and listened to their issues and concerns. He assured them that their genuine problems would be addressed on priority and that all possible support would be extended by the district administration for relief, restoration and rehabilitation in the affected areas.

Additional Deputy Commissioner Poonch, Tahir Mustafa Malik; ACR, Muhammad Sayeed; XEN JPDCL, Aftab Ahmed; CEO Municipality, Khalil Ahmed Bandy and other concerned officers accompanied the Deputy Commissioner during the visit.



HT EDITORIAL

When the Rains Return, So Does Isolation

Recurring Closures of NH-44 Expose the Urgent Need for Resilient Infrastructure in J&K

The closure of the Jammu-Srinagar National Highway (NH-44) once again due to adverse weather is more than a routine traffic advisory—it is a reminder of a chronic vulnerability that continues to haunt Jammu and Kashmir. Every monsoon, heavy rainfall triggers landslides, shooting stones, road subsidence, and prolonged highway closures, disrupting lives, crippling the economy, and, tragically, claiming innocent lives.

Despite decades of planning and the expenditure of thousands of crores of rupees on highway development, tunnels, slope stabilization, and widening projects, the dream of uninterrupted all-weather connectivity between Jammu and Kashmir remains frustratingly distant. The region continues to depend on a highway that becomes unreliable at the very time when it is needed most.

The recent closure of NH-44 is only the latest chapter in a recurring story. Just a day earlier, a couple lost their lives while five others sustained injuries after a massive boulder struck their vehicle on the highway. Such incidents are no longer isolated accidents but painful reminders of the dangers posed by unstable slopes and inadequate protection measures. Every life lost on this vital corridor raises difficult questions about whether enough has been done to anticipate and mitigate these risks.

The economic consequences are equally alarming. During last year's harvesting season, large stretches of NH-44 suffered extensive damage after being washed away by heavy rains at multiple locations. The disruption resulted in losses worth crores of rupees as trucks carrying apples, vegetables, and other perishables remained stranded for days. Farmers, transporters, traders, and businesses all paid a heavy price for the breakdown of the Valley's only major surface lifeline.

Engineering projects of this scale should not merely focus on constructing roads; they must be designed to withstand the increasingly unpredictable forces of nature. Climate change has made extreme weather events more frequent and intense, making conventional engineering solutions inadequate. Infrastructure planning today demands a forward-looking approach that integrates advanced geological assessments, climate resilience, effective drainage systems, slope reinforcement, real-time monitoring, and continuous maintenance.

The Chenani-Nashri and Banihal-Qazigund tunnels have undoubtedly improved travel and reduced journey times. However, the remaining vulnerable stretches continue to expose commuters to landslides, shooting stones, and flash floods. Unless these weak links are comprehensively addressed, isolated engineering successes cannot deliver the reliable all-weather connectivity that the region deserves.

Authorities deserve appreciation for prioritising public safety by suspending traffic whenever conditions become dangerous. Preventive closures save lives and should remain a cornerstone of highway management. However, emergency responses cannot substitute for long-term solutions. A highway that closes repeatedly with every spell of heavy rain cannot be regarded as truly all-weather.

There is an urgent need to revisit the planning philosophy behind highway development in the Himalayan region. Investments must extend beyond road construction to include scientific hazard mapping, advanced early-warning systems, protective galleries, rockfall barriers, better drainage infrastructure, and continuous geotechnical surveillance. Every project must be evaluated not only for its immediate utility but also for its resilience over decades of changing climatic conditions.

For Jammu and Kashmir, NH-44 is far more than a road. It is the region's economic artery, medical lifeline, tourism corridor, and strategic link with the rest of the country. Every closure isolates communities, interrupts commerce, delays essential supplies, and places additional burdens on ordinary citizens.

The recurring disruption of NH-44 should serve as a wake-up call. Nature cannot be controlled, but its risks can certainly be anticipated and managed through sound engineering, scientific planning, and sustained maintenance. The people of Jammu and Kashmir deserve infrastructure that inspires confidence rather than uncertainty. Until resilience becomes the defining principle of development, every monsoon will continue to bring not only rain but also fear, disruption, and avoidable tragedy.

Artificial Intelligence and Education in Jammu and Kashmir: Opportunity, Inequality, and the Future of Learning



Mr. Aamir Hussain

Introduction: The Arrival of a New Educational Age
Education is entering a new technological phase. Artificial Intelligence (AI) is no longer confined to research laboratories or technology companies; it is increasingly influencing classrooms, universities, teaching methods, academic research, and the way students access knowledge. AI-powered tools can explain difficult concepts, assist with translation, generate educational material, support personalised learning, and help teachers prepare lessons and assessments.

For Jammu and Kashmir, the emergence of Artificial Intelligence presents both an opportunity and a challenge. The region possesses a diverse educational landscape shaped by geographical, social, economic, and infrastructural differences. AI has the potential to overcome some of these barriers by expanding access to knowledge and providing educational support beyond the physical classroom. However, unequal access to devices, internet connectivity, digital skills, and technological resources could also create a new form of educational inequality.

The central question is therefore not simply whether Artificial Intelligence will influence education in Jammu and Kashmir. The more important question is whether its benefits will be accessible to all students or whether AI will primarily benefit those who already possess better educational and technological resources.

AI and the Possibility of Educational Transformation
Artificial Intelligence can significantly expand the possibilities of learning. A student living in a remote area may use AI-assisted educational tools to receive explanations of complex topics, improve language skills, translate academic material, or obtain additional academic support beyond school hours. AI can also support personalised learning by allowing students to receive explanations and exercises according to their individual learning needs.

For teachers, AI can assist in lesson planning, question-paper preparation, assessment design, translation, creation of educational resources, and the development of differentiated learning materials. In a region as geographically and linguistically diverse as Jammu and Kashmir, such technologies could potentially help teachers respond more effectively to the varied needs of learners.

However, technology should not be confused with education itself. Education is not merely the delivery of information. It involves mentorship, discipline, critical thinking, creativity, moral development, social interaction, and the development of independent judgement. AI can support these processes, but it cannot replace the human relationship at the centre of teaching and learning.

The Digital Divide: The Most Important Challenge
The greatest challenge in the introduction of AI into education is the digital divide. Access to Artificial Intelligence requires more than the availability of software. Students need reliable internet connectivity, suitable digital devices, electricity, digital literacy, and the ability to use technology responsibly.

Official UDISE+ data for 2023-24 recorded 24,296 schools in Jammu and Kashmir. Of these, 1,353 schools were recorded as having functional integrated teaching-learning devices/PC facilities, representing 5.6% of all schools. The data also showed a considerable difference between government and private schools in this particular indicator: 2.9% of government schools and 14.6% of private unaided schools were recorded as having such facilities. These figures underline the importance of ensuring that technological advancement does not become concentrated in institutions that already possess greater resources.

These statistics should not be interpreted as a complete measure of every form of digital access. Nevertheless, they highlight a significant policy concern. If AI becomes increasingly important in education, students who lack adequate devices, connectivity, and institutional support may find themselves at a disadvantage.

The future could therefore witness a new educational divide. The question may no longer be simply who has access to a school or teacher, but who has access to advanced digital learning tools.

Geography and Educational Inequality in Jammu and Kashmir

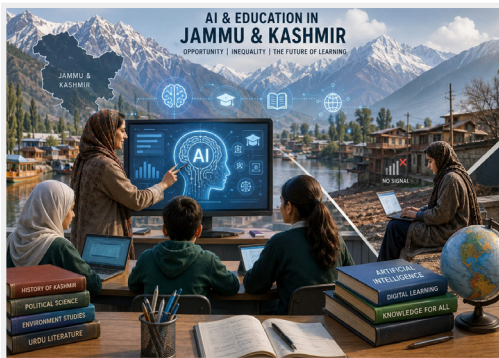
The geographical character of Jammu and Kashmir makes the issue of digital inclusion particularly important. Students in urban centres may have greater access to smartphones, computers, broadband services, private educational institutions, and digital platforms. Students in remote rural and mountainous areas may face greater challenges related to connectivity, infrastructure, affordability, and access to trained personnel.

Artificial Intelligence could help overcome geographical barriers, but only if the basic digital infrastructure is available. An AI-based educational platform cannot benefit a student who lacks a suitable device or reliable internet access.

This means that the introduction of AI must be accompanied by a broader investment in digital infrastructure. The objective should not merely be to introduce sophisticated technology into selected institutions. The larger goal should be to make technology an instrument of educational inclusion.

The Teacher in the Age of Artificial Intelligence

The growing influence of AI has raised concerns about the



future role of teachers. Some fear that technology may eventually replace educators. Such a view, however, fails to recognise the wider purpose of education.

AI can process information, generate content, identify patterns, and provide automated assistance. A teacher, however, understands the social and emotional context of students. A teacher motivates, guides, encourages, corrects, and develops the intellectual and moral capacities of learners.

The real challenge is therefore not whether AI will replace teachers but whether teachers will be adequately prepared to use AI.

Teacher-training programmes must increasingly include digital literacy and responsible AI use. Teachers should be able to evaluate AI-generated information, identify inaccuracies, protect student privacy, and teach students how to use technology ethically. AI should be regarded as a tool that strengthens the teacher's capacity rather than as a substitute for the teacher.

AI, Academic Integrity, and Critical Thinking

The use of Artificial Intelligence also creates important questions about academic integrity. AI tools can help students understand difficult concepts and improve their learning. However, their irresponsible use may encourage copying, plagiarism, intellectual dependence, and the submission of work that students have not independently understood.

This raises a fundamental question about the purpose of education. Is education merely about producing answers, or is it about developing the capacity to think?

The answer must be clear. Education must continue to cultivate independent thinking. Students should be encouraged to use AI for brainstorming, clarification, revision, and learning

support, but they must also be taught to verify information and develop their own arguments.

This is especially important in subjects such as history, political science, and the social sciences. Knowledge in these disciplines involves evidence, interpretation, debate, and competing perspectives. AI-generated information must therefore be examined critically rather than accepted automatically.

The future student must not merely become a user of Artificial Intelligence. The student must become an intelligent evaluator of information.

Language, Culture, and Local Knowledge

Jammu and Kashmir possesses a rich linguistic and cultural diversity. AI-based translation and language technologies could potentially make educational material more accessible in languages such as Urdu, Kashmiri, Dogri, and other regional languages.

However, technological development must remain sensitive to local linguistic and cultural realities. AI systems developed primarily around dominant global languages may not always adequately understand regional vocabulary, cultural references, historical contexts, and local knowledge traditions.

The development of educational technology for Jammu and Kashmir should therefore include greater attention to local languages and regional content. The use of AI should not result in the disappearance of local knowledge from the educational process. Instead, technology should help preserve, document, and expand access to local intellectual and cultural traditions.

Jammu and Kashmir's Emerging AI Policy Context

The question of AI is not entirely external to the policy environment of Jammu and Kashmir. The Jammu and Kashmir Artificial Intelligence Framework identifies several important areas, including skilling and education, governance, ethics and privacy, research and innovation, and security in AI. This provides a broader policy framework within which the educational use of AI can be developed.

The significance of such a framework lies in the recognition that Artificial Intelligence cannot be treated merely as a technological issue. It is also connected with education, employment, research, governance, privacy, and social development.

In 2026, the Department of Skill Development also issued an order relating to the identification of departmental AI use cases under the India AI Mission, indicating that AI-related institutional planning is becoming part of the broader administrative landscape. This makes it increasingly important for educational institutions to prepare students and teachers for an economy and society in which AI will play a growing role.

The Need for an Inclusive AI Strategy

A successful AI strategy for education in Jammu and Kashmir should focus on several priorities.

First, digital infrastructure must be strengthened, particularly in underserved and remote areas. Second, teachers must receive systematic training in the responsible use of AI. Third, schools and educational institutions should develop clear guidelines regarding academic integrity, privacy, misinformation, and the ethical use of AI. Fourth, students must be taught AI literacy—not merely how to use AI tools, but how to question and evaluate the information produced by them.

Finally, educational technology should be adapted to local realities. The development of digital resources in regional languages and the integration of local history and culture into AI-supported learning can make technology more relevant and inclusive.

Conclusion: Technology Must Serve Educational Justice

The debates surrounding Artificial Intelligence and education must move beyond both technological enthusiasm and technological fear. AI is neither an automatic solution to educational inequality nor an inevitable threat to the teaching profession. Its impact will depend upon how it is introduced, who can access it, and what educational objectives guide its use.

For Jammu and Kashmir, Artificial Intelligence offers an important opportunity to expand access to knowledge, support teachers, improve learning, and overcome certain geographical barriers. Yet technological progress must not be allowed to create another layer of inequality.

The central challenge is not simply to bring Artificial Intelligence into classrooms. It is to ensure that its benefits reach students from different geographical, social, and economic backgrounds.

A Drizzle Becomes a Flood: The Cost of Choked Waterways.



Javid Bhat

In recent years, a disturbing trend has emerged across many towns and villages: a slight spell of rain is enough to flood roads, inundate markets, waterlog residential areas, and disrupt daily life. What was once considered normal rainfall is now increasingly being viewed as a threat. While climate change and changing weather patterns may be contributing factors, the primary cause lies much closer to home, our own neglect of rivers, streams, canals, and natural drainage channels.

For generations, these rivers, streams, canals, springs, and wetlands were the lifelines of our communities. Long before the advent of piped water supply schemes, these water bodies were the primary sources of drinking water for people and livestock. Their crystal clear waters sustained

households, irrigated fields, and supported a rich diversity of aquatic life. Elders still recall a time when people drank directly from streams without fear of contamination. Today, that memory stands in stark contrast to reality.

Many of these once-pristine water bodies have now been transformed into dumping yards. Instead of clean flowing water, one finds heaps of household waste, plastic bags, food wrappers, disposable diapers, sanitary pads, empty bottles, polythene packets, broken household items, discarded clothing, and construction debris. What were once sources of life and nourishment have become channels of pollution and disease.

The growing presence of non-biodegradable waste is particularly alarming. Diapers, plastic wrappers, packaging materials, and single-use plastics remain in the environment for decades. During rainfall, these materials are washed into drains, streams, and canals, where they become trapped among vegetation and sediment, obstructing the natural flow of water. As a result, even a brief shower can lead to overflowing drains, flooded roads, submerged fields, and waterlogged residential areas.

The shrinking of rivers and canals due to encroachments and unchecked dumping has further worsened the situation. In many places, natural waterways have lost a substantial portion of their original width. Channels that once carried large volumes of water now struggle to accommodate even moderate rainfall. Consequently, rainwater has no free passage and spills over into surrounding areas, causing avoidable flooding and damage.

The environmental consequences are equally severe. Polluted waterways contaminate groundwater, threaten aquatic ecosystems, and pose serious public health risks. Stagnant pools created by blocked channels become breeding grounds for mosquitoes and other disease-carrying insects. The contamination of water bodies that once provided safe drinking water represents not only an environmental tragedy but also the loss of an invaluable natural heritage.

Perhaps the greatest irony is that the very streams and canals our ancestors protected as precious sources of drinking water are today being treated as convenient dumping sites. Household refuse that should be properly managed is routinely thrown into these water bodies, reflecting a growing disconnect between society and the environment upon which it depends.

Addressing this crisis requires urgent and coordinated action. Restoring waterways to their original dimensions, and strictly enforce environmental regulations. Equally important is the need for widespread public awareness. Every citizen must understand that dumping waste into streams and canals ultimately harms the entire community.

The responsibility, however, does not rest solely with government agencies. Households must adopt proper waste disposal practices, reduce dependence on single-use plastics, and recognize the value of preserving natural water resources. Community participation in cleaning and protecting local water bodies can play a crucial role in reversing the damage already done.

Nature has provided us with an efficient system for managing rainwater and sustaining life. It is human negligence that has obstructed and polluted these natural channels. Unless immediate corrective measures are taken, floods, waterlogging, pollution, and environmental degradation will continue to intensify.

The choice before us is clear; continue allowing our rivers, streams, and canals to become dumping grounds, or restore them to their rightful place as clean, flowing lifelines for future generations. The health, safety, and environmental well-being of our communities depend on the path we choose today.

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Flood Fury In Pir Panjal: An Overview



Rayaz Malik

The flash floods, landslides, land sinking, mudslides, landerosion and connected processes are naturally caused due to heavy rainfall and are commonly observed in monsoon season. But for the last two to three decades, it is experienced that there is a random downpour in most of the time in a year. Sometimes there is deficit of rain when it is essential for farming and other purposes. This is a bothersome situation for sustenance of mankind and the life on planet earth.

The experts say that due to industrialisation and development in the successive millennium there has been ecological imbalance. Natural bodies have been disturbed and interrupted by the today's modern man. For building roads, tunnels, railways and other projects and infrastructures, forests are cut and natural vegetation and plants are removed. Agricultural land is being converted and used for construction, residential and other purposes which is in violation of land use rules. The rivers, streams and other water bodies are being encroached upon and their courses are narrowed and changed. Natural water flow and quantity are disturbed by such advances towards these bodies. The government rules are violated in order to construct the buildings for residential and commercial purposes near to rivers and nallahs. These water bodies also get polluted due to flowing of waste water into them and thus making this water unsafe for drinking and even for agricultural purposes.

There is no doubt that science has equipped man with reason and vision. He has done miracles in present era and invented the machinery and modern equipment for the service and comfort of nation. But we also have to think upon that all these progresses and coziness of our lives may not become a cause of disasters for humankind.

The government in consultation with scientists, environmentalists, geologists, engineers and other experts may aware the people and publicize the scientific guidelines. They shall set rules and implement on ground for developing infrastructure, construction of buildings and land use. Although there have already been set guidelines issued by the government still there is need of more clarity with stricter implementation of same in the field. Due to overlooking the consequences of above given natural hazards and violation of such guidelines worldwide, there has been sudden increase of such disasters as seen post 2000's. The majority of States / UTs in India including the north region have been affected due to the flash floods in near past. The most recent flash floods have been experienced

in Chenab Valley, Pir Panjal region comprising of Poonch and Rajouri districts and few other parts in Jammu & Kashmir in July 2026. As per news, the cloud bursts occurred in hilly areas in Poonch and Rajouri districts which caused excess water to flow in rivers and streams. This has wreaked a havoc in both the districts including the upper and low-lying areas. Dozens of human lives have been lost and few are missing due to flash floods and landslides in both the districts. The tragedy of loss of two different entire families (about 7-9 members) in summer mud houses in highland pastures of Surankote and Loran (Mandi) in Poonch is no less than a mini-doomsday for their relatives and the local residents. In this catastrophe, the properties worth crores have been damaged, the agricultural land of thousands of kanals, residential houses, shops and many roads destroyed and washed away by the raging flood water, the



businesses and livelihood gone and dozens of cattle have died.

If I discuss the Rajouri district here, the people in Kotranka (Budhal), Thannamandi, Darhal and the proper Rampur town have been affected due to torrential rain and flood. The Darhali river comprising of rivulets from Thannamandi and Darhal has caused more than expected devastation in the town. Flash floods hit Rajouri around 3 to 4 am in early morning on July 19, 2026. Due to incessant overnight rainfall river water overflowed and breached flood walls. This caused inundation of new Bus Stand, Bhella Park, low-lying localities in Bhella Colony, residences and shops in Madina Colony (Ward No. 2) towards Abdullah Bridge. The periphery market of Bhella Bus Stand alongside the road from Kikkar morh to Youghal Sons was severely hit which caused much loss to shop owners. The flooding impacted over 100 houses and several public and private structures in the town. Dozens of parked vehicles and public structures at the Bela bus stand were swept away and ruined by gushing currents of water. Two young boys in Malik Market, near Jhullah Bridge and a person from Thannamandi were swept away by the flooded river

and lost their lives. There is also likelihood of missing of several other people in the town and other parts due to floods. It will come to know only after the normalisation of weather in the region.

In order to mitigate the consequences of flash floods and such catastrophes in future, particularly to save the affected Rajouri town from Kheora side via Bhella Bus Stand / concrete bridge towards Abdullah Bridge / Gujjar Mandi, following measures are suggested:

1. The original and old courses of rivers and water bodies may not be altered and encroached by any means.
2. No new public or private constructions / structure and establishments may be allowed to be made within 1 km in either side of river or streams.
3. All the residential or commercial establishments already made near to water bodies may immediately be got vacated by the government. Rather than demolishing these structures, they may be put in use on only day-time basis for official purpose by government. Such occupants may be allotted plots of equivalent size and shifted at safer locations in the town.
4. Afforestation and plantation drives may be conducted on the vacant land near the rivers and streams for making the land stronger and more water absorbing.
5. When roads and tunnels are constructed, utmost care be taken in cutting the earth and trees and plants for judicious use. High and strong concrete protection walls / bandhs may be raised to stop the soil erosion and landslides from such cuttings alongside the roads and near the tunnel endings. A large number of trees can be planted on such cliffs and land alongside the roads to minimise the erosion and preventing the landslides. This will minimise the ecological balance.
6. Apart from this, worldwide guidelines may be framed and publicized to prevent, dissipate and minimise the heat and pollution generated from industrialisation processes and other machinery including vehicles used by public or government.
7. In order to prevent the affected areas of Rajouri town from future flood waters, a wide, concrete and about 30 to 40 feet high flood protection wall may be constructed on left bank of Darhali river alongside Bhella Bus Stand road from Kikkar Morh near Petrol Pump upto Youghal Sons near concrete bridge extending towards Abdullah Bridge.
8. The course of river which it made towards the residential areas in Bhella Colony and the street leading to Madina Colony and around the premises of Rajouri Public School during recent floods may be changed towards right bank through heavy duty machinery to prevent the entry of river water in the residential areas.
9. A protection wall as said above may also be raised alongside river bank in Malik market starting from Abdullah and Jhulla Bridges downwards on which residential and commercial buildings have been severely destroyed.
10. No more reconstruction along the river bank may be allowed by the government to prevent the future loss of life and property.

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Pakistan is Between Scylla and Charybdis



Dr Ratan Bhattacharjee

Pakistan today stands at a crossroads where its internal contradictions, long suppressed under the weight of military dominance and ideological rigidity, have begun to erupt in full public view. On the one side there is the Balochistan declaration of Independence with their own national flag and on the other there is the violent POJK unrest. It is now between Scylla and Charybdis. What was once whispered in drawing rooms of Islamabad or discussed cautiously in academic circles is now being proclaimed openly in the streets of Muzaffarabad, Quetta, Gwadar, and Turbat. The voices of Maulana Fazlur Rehman in Pakistan-occupied Jammu Kashmir (POJK), the fiery declarations of Dr. Mahrang Baloch, and the relentless mobilization by Sarfaraz Bugti reflect a deeper truth: Pakistan's political map, drawn hurriedly in 1947 and sustained through decades of coercion, is under unprecedented strain. The idea of Pakistan breaking into pieces is no longer a rumour; it is a lived anxiety, a political possibility, and a social tremor that is shaking the foundations of the state. The crisis did not emerge overnight. Pakistan's structural fragility is rooted in its very formation—a state built not on linguistic, cultural, or civilizational unity but on a singular religious identity that could never accommodate the diversity of its peoples.

From the violent suppression of Bengalis in 1971 to the ongoing militarization of Balochistan and the disenfranchisement of POK and Gilgit Baltistan, Pakistan's political architecture has relied on force rather than consent. The military establishment, the most powerful institution in the country, has historically treated peripheral regions as colonies rather than constituents. This colonial mindset has produced a cycle of resistance, repression, and renewed resistance. Today, that cycle has reached a breaking point. In POJK, Maulana Fazlur Rehman's recent speeches have electrified the population. His open criticism of Islamabad's policies and his assertion that the people of POJK must reclaim their political agency mark a dramatic shift in the region's political discourse. For decades, POJK was kept under tight control, its elections manipulated, its leaders handpicked, and its people fed a narrative of "Azadi" that served Pakistan's geopolitical ambitions rather than the aspirations of Kashmiris.

But the ground reality has changed. Economic deprivation, lack of infrastructure, unemployment, and the visible contrast with the development in Indian-administered Jammu and Kashmir have created a new consciousness. The people of POK are asking uncomfortable questions: Why does Islamabad treat them as second-class citizens? Why are their natural resources exploited without benefit to the local population? Why is dissent met with intimidation? Fazlur

Rehman's campaign has tapped into this growing frustration, and his words resonate because they articulate what many have long felt but feared to express.

The situation in Balochistan is even more volatile. Dr. Mahrang Baloch, a young and courageous activist, has become the face of a movement that refuses to be silenced. Her speeches, delivered before massive crowds, speak of enforced disappearances, extrajudicial killings, and the systematic plunder of Balochistan's resources. The Baloch people have endured decades of military operations, displacement, and humiliation. Their grievances are not abstract; they are etched into the daily lives of families who have lost sons, brothers, and fathers to the machinery of the state. Sarfaraz Bugti, though part of the political establishment, has also acknowledged the depth of Baloch anger. His statements reflect a recognition that the old methods of control—fear, force, and propaganda—no longer work. The Baloch demand is not merely for autonomy; it is for dignity, justice, and the right to determine their own future.

Pakistan's internal fragmentation is also fueled by economic collapse. The country's financial crisis has exposed the hollowness of its governance model. With inflation soaring, foreign reserves depleted, and international lenders demanding structural reforms, Pakistan's ability to maintain control over its provinces has weakened. Economic desperation has intensified regional disparities. Punjab, the traditional power center, continues to receive disproportionate resources, while Sindh, Khyber Pakhtunkhwa, Balochistan, and POK suffer neglect. This imbalance has created resentment that is now spilling into political mobilization. When people cannot afford food, electricity, or fuel, they begin to question the legitimacy of the state itself.

The rise of social media has further accelerated the unraveling. For decades, Pakistan's military controlled the narrative through censorship, intimidation, and propaganda. But today, videos of protests in POJK, speeches by Baloch activists, and testimonies of victims of state violence circulate freely. The world is watching, and more importantly, Pakistanis are watching each other. The myth of national unity has been shattered by the visibility of suffering. When a mother in Quetta speaks of her disappeared son, her voice reaches Muzaffarabad, Karachi, Lahore, and even the diaspora abroad. This shared awareness has created a new political consciousness that transcends fear. The geopolitical environment has also shifted. Pakistan's traditional allies—Saudi Arabia, China, and the United States—are recalibrating their priorities. China's investments in the China-Pakistan Economic Corridor (CPEC) have faced resistance in Balochistan, where locals see the project as another form of exploitation. Saudi Arabia is more focused on its own economic transformation. The United States, once deeply involved in Pakistan's security apparatus, is now more concerned with regional stability and counter-terrorism. Pakistan's leverage has diminished, and its internal conflicts no longer receive the diplomatic cover they once did.

To Be Continued

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Student protests : Debate straying from issues and concerns about the future



Dr. Satyawan Saurabh

In a democracy, protest is not only a right but also an effective means of ensuring accountability. When serious flaws in the system are exposed, the public raises its voice and demands answers from the government. Especially when the future of millions of students is at stake, the voice of protest becomes even more natural. Reports of alleged irregularities and paper leaks in national exams like NEET have alarmed youth and their parents across the country. After years of hard work, when the fairness of an exam is questioned, it is not unusual for outrage to arise. But this entire incident also raises a significant question: is the purpose of student movements truly the future of students, or are they gradually becoming a platform for political and ideological conflicts?

The greatest strength of any student movement is its morality. When students fight for their rights and future, society stands with them. Parents, teachers, and ordinary citizens also consider their demands justified. But as the focus of the movement shifts and topics unrelated to the original issue begin to surface, its credibility is bound to be questioned. If the platform for protesting exam irregularities becomes the center of slogans, speeches, or controversies that have no direct connection to the education system, the movement's gravity diminishes and the real issue is left behind.

Today, the country's youth is troubled by paper leaks. They worry that years of hard work may be wasted due to some criminal gang. In such a situation, the most important questions should be how to stop paper leaks, how to make the examination system more secure, how quickly and severely will the culprits be punished, and what institutional reforms will be implemented to prevent such incidents in the future. If these fundamental questions are replaced by political slogans and debates about opposition to or support for the government, the path to a solution is weakened.

It must also be acknowledged that paper leaks are not a new problem. Cases of irregularities in various competitive examinations have been reported in different states, under different governments. This clearly demonstrates that the problem is not limited to a single party, a single minister, or a single government. The problem lies within the very system that criminal gangs are able to infiltrate. Therefore, if discussions are limited to political accusations and counter-accusations, the real culprits will escape, and students will suffer again and again.

A minister's resignation may be a matter of democratic accountability, but it is not a definitive solution in itself. Changing ministers will only transform the system if administrative reforms, technical security, transparent investigations, and strict punishment are implemented. Without addressing the root causes, simply changing faces will not change the outcome. Therefore, the focus of student movements should be on systemic reform, not individuals.

In the age of social media, the direction of movements shifts rapidly. A few seconds of video clips, a slogan, or a single post can shape the image of an entire movement. This is why the responsibility of those involved in the movement is greater than ever. If slogans are heard on stage that have no connection to exams or education, ordinary citizens are forced to wonder whether the original purpose of the movement is the same as initially stated. Ideologies have a place in democracy, but when student movements become a medium for ideological competition, the greatest harm is suffered by the very students in whose name the movement was started. Any person active in public life—whether a social activist, a student leader, or the face of a movement—can be both agreed upon and disagreed with. Democracy is the essence of this diversity. But any movement should be judged not by the popularity of individuals, but by its purpose and results. If a movement is started for the future of students, then every action, every slogan, and every demand should strengthen that purpose. Otherwise, society's trust begins to weaken.

The need today is not just for blame, but for comprehensive reform. A state-of-the-art digital security system must be developed for national-level examinations. Accountability must be established at every stage, from the creation of question papers to their distribution. Cybersecurity must be strengthened. Serious consideration must be given to stringent measures such as confiscation of assets of organized gangs involved in paper leaks, speedy justice, and lifelong bans. The problem will not be completely eradicated until criminals fear that their crimes will be severely penalized.

Political parties also have no less responsibility. Instead of avoiding criticism,

the ruling party should take transparent action, while the opposition should offer constructive suggestions rather than limiting itself to criticizing the government. If every issue is viewed solely through the lens of political gains and losses, students' trust in democratic institutions will diminish. Education and the future of youth are far more important than any political gain.

Society also needs to introspect. Too often, we quickly judge the pros and cons based on viral videos, incomplete information, or emotional messages on social media. However, any movement or controversy should be evaluated based on facts, evidence, and a balanced perspective. Dissent is necessary in a democracy, but it is only meaningful when expressed with discretion and responsibility.

Students must also understand that their greatest strength lies in their moral credibility. If they remain united on their issues, the entire society will stand with them. But if their movement becomes a vehicle for political polarization, their genuine demands will be left behind. History bears witness that successful mass movements have been those that never abandoned their original purpose.

India has one of the world's youngest populations. This population represents both our greatest strength and our greatest responsibility. If young people's faith in the examination system, education system, and democratic institutions begins to waver, the impact will not be limited to just one exam but will impact the future of the entire nation. Therefore, it would be unfair to dismiss incidents like paper leaks as mere news or political controversy.

The need of the hour is that the government, judiciary, investigative agencies, educational institutions, parents, teachers and students should all work together to create a system in which hard work is respected, talent gets opportunities and no student has the fear that his success may be snatched away by any criminal gang.

Movements are necessary in a democracy, but they are only effective when they don't deviate from their original purpose. If the goal is the future of students, then the debate should remain focused on that. Individuals will come and go, governments will change, political parties will rise and fall in power, but today's students will determine India's future. Therefore, the most pressing need of the hour is to make student movements a vehicle for educational reform and a transparent system, not political competition.

Dr. Satyawan Saurabh, is a Poet, social thinker and columnist, All India Radio and TV panelist,

333, Fairy Garden, Kaushalya Bhawan, Barwa (Siwani) Bhiwani, Haryana – 127045, Mobile : 9466526148, 01255281381

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Javed Rana visits flood affected areas of Mendhar “Government will not rest until life is fully restored across Jammu and Kashmir”

■ HT News Network

MENDHAR, JULY 23: Minister for Jal Shakti, Forest, Ecology, Environment and Tribal Affairs, Javed Ahmed Rana, today undertook an extensive tour of the flood-affected areas of Mendhar in Poonch district to assess the damage caused by the recent heavy rains and flash floods and review the ongoing relief, restoration and rehabilitation measures.

During his visit, the Minister was accompanied by SDM Mendhar, Imran Kataria and senior officers from various departments. He inspected the flood-affected areas of Chajjila, Mankote, Dabraj, Balnoi, Bhatidhar and Salwah to assess the damage caused by the recent flash floods.

He also interacted with the affected families and local residents to assess their losses and understand their immediate concerns and requirements. He assured the affected people that the government stands firmly with them during this difficult time and every possible assistance would be extended for their relief, rehabilitation and recovery.

“We are in this together. The recent floods have caused extensive damage to infrastructure and private property across the Pir Panjal region. The government stands firmly with every affected family and we will not rest until relief reaches everyone,



damaged infrastructure is restored and normalcy is fully restored across Jammu and Kashmir,” Rana maintained.

The Minister said that restoration of damaged infrastructure and rehabilitation of affected families is the government's top priority. He assured that adequate resources would be mobilised to restore normalcy at the earliest and rebuild the damaged public infrastructure.

The Minister observed that the devastation caused by the flash floods has highlighted the need for long-term planning to reduce the impact of such disasters. He stressed the importance of strengthening the flood protection infrastructure, improv-

ing drainage systems, undertaking scientific slope stabilisation, enhancing disaster preparedness and adopting sustainable mitigation measures to minimise the losses caused by recurring natural calamities.

During the visit, the local residents apprised the Minister of the extensive devastation and the immense losses suffered by the affected communities.

“We stand shoulder to shoulder with the affected people in this hour of crisis. The administration is committed to ensure immediate relief, speedy restoration of damaged infrastructure and comprehensive rehabilitation of every affected family. At the same time,

we must work towards long-term measures that make our vulnerable regions more resilient against such disasters in the future,” asserted the Minister. The Minister said that restoration of damaged infrastructure and rehabilitation of affected families is the government's top priority. He assured that adequate resources would be mobilised to restore normalcy at the earliest and rebuild the damaged public infrastructure.

The Minister observed that the devastation caused by the flash floods has highlighted the need for long-term planning to reduce the impact of such disasters. He stressed the importance of strengthening the flood protection infrastructure, improving drainage systems, undertaking scientific slope stabilisation, enhancing disaster preparedness and adopting sustainable mitigation measures to minimise the losses caused by recurring natural calamities. During the visit, the local residents apprised the Minister of the extensive devastation and the immense losses suffered by the affected communities.

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DC Poonch reviews disaster response and rehabilitation measures

■ HT News Network

POONCH, JULY 23: Deputy Commissioner Poonch Ashok Kumar Sharma today chaired a review meeting to assess response, relief and rehabilitation measures following the recent heavy rains and storms that claimed 22 lives across the district.

All District Officers and Heads of Departments attended, presenting department-wise updates on damage assessment, rescue operations, relief distribution, rehabilitation and restoration of essential public services.

The Deputy Commissioner was informed that relief has been provided to affected families as per prescribed norms. The Food, Civil Supplies and Consumer Affairs Department has been ensuring uninterrupted distribution of ration to the affected population, while other departments concerned have been addressing public grievances.

Major roads blocked by landslides and debris have been cleared, electricity supply has largely been restored and drinking water supply is being maintained. Rescue and restoration operations were carried out in close coordination among all line departments.

The Deputy Commissioner directed all departments to expedite remaining restoration works, complete damage assessments in a time-bound manner and ensure relief and rehabilitation measures reach every affected family without delay.

DC Rajouri reviews flood damage in Nowshera

■ HT News Network

RAJOURI, JULY 23: Deputy Commissioner Rajouri Abhishek Sharma today visited flood-affected areas of Nowshera to assess damage caused by the recent heavy rains and flash floods. The Deputy Commissioner inspected the affected localities, including Bela Nowshera, and interacted with residents to understand the extent of losses. He assured the affected families of all possible assistance in accordance with government norms. The DC directed the officers concerned to carry out a comprehensive damage assessment and ensure prompt relief and restoration. He also called for close coordination among departments to restore normalcy at the earliest.

Additional Deputy Commissioner Nowshera Pritam Lal Thapa and other district and sectoral officers accompanied the Deputy Commissioner.

DC Kathua inspects flood-hit areas, reviews restoration of flood protection Infrastructure

■ HT News Network

KATHUA, JULY 23: Deputy Commissioner Kathua, Rajesh Sharma, today visited the flood-affected areas of Sahar Khad and Sherpur to inspect the extent of damage caused by the recent spell of torrential rains and oversee the progress of restoration works being carried out to restore flood protection infrastructure.

During the visit, the Deputy Commissioner assessed the damage caused to embankments, roads and other flood protection structures due to heavy rainfall and flash floods. He took stock of the restoration measures being executed by the concerned departments and reviewed the pace of work on the ground.

The Deputy Commissioner directed the executing agencies to expedite the restoration works and ensure that all damaged flood protection structures are restored on priority to safeguard lives, agricultural land and public property from future flood-related risks. He emphasized adherence to quality standards while ensuring timely completion of the works.

ACR Kathua Vishav Partap Singh, Tehsildar Kathua Vikram Kumar and officers of the concerned departments accompanied the Deputy Commissioner during the inspection and briefed him on the restoration measures undertaken and the progress achieved so far.

JD Agriculture (Inputs) reviews seed indent and availability for Rabi seasons in Jammu

■ HT News Network

JAMMU, JULY 23: Joint Director Agriculture (Inputs) Jammu Sanjay Anand today chaired a meeting at Krishi Bhawan, Talab Tillo, regarding finalisation of the Breeder Seed Indent for all agricultural crops for Rabi 2027-28 and a review of availability of Breeder, Foundation and Certified Seed for Rabi 2026-27.

A detailed review was conducted of the requirement and availability of breeder, foundation and certified seed for major agricultural crops to ensure timely supply of quality seed to farmers during the ensuing Rabi season. Crop-wise seed demand, production targets and measures for strengthening coordination between the Agriculture Department and SKUAST-Jammu for efficient seed planning and distribution were also discussed. The Joint Director emphasised timely finalisation of the breeder seed indent so that adequate quantities of quality seed reach departmental farms well in advance of the sowing season. He said proper seed planning is essential for improving crop productivity, maintaining varietal purity and ensuring successful implementation of seed production programmes in Jammu Division.

ACB trap leads to premature retirement of R&B engineer

■ HT News Network

Srinagar, Jul 23 (KNO): The Anti-Corruption Bureau (ACB) has achieved a significant outcome in its sustained action against corruption, with departmental proceedings against an engineer of the Roads & Buildings Department arising from a trap case culminating in the imposition of the major penalty of premature retirement on proportionate pension.

According to details in possession of news agency—Kashmir News Observer (KNO), the then Assistant Executive Engineer, R&B Special Sub-Division, Uri, was caught red-handed by the ACB while demanding and accepting a bribe from a contractor, pursuant to which FIR No. 29/2022 was registered at Police Station ACB Baramulla. Following his arrest in the trap case on 17.11.2022, the officer was placed under suspension by the Public Works (R&B) Department with effect from the date of his arrest. The ACB investigation in the case culminated in the submission of the final investigation report/chargesheet, and the General Administration Department accorded sanction for his prosecution vide Government Order No. 38-JK-GAD (Vig) of 2023 dated 07.07.2023. The matter was also recommended for consideration under the applicable service rules for initiation of consequential departmental action against the delinquent public servant.

In a significant follow-up action, the final investigation report furnished by the Anti-

Corruption Bureau was shared with the concerned authorities for framing of departmental charges, thereby facilitating simultaneous departmental proceedings against the delinquent officer.

The departmental authorities examined the material and records emanating from the ACB investigation and proceeded with disciplinary action in accordance with the Jammu and Kashmir Civil Services (Classification, Control and Appeal) Rules, 1956.

A memorandum comprising the Articles of Charge and Statement of Imputations was thereafter served upon the delinquent officer. The departmental inquiry was conducted in accordance with the prescribed procedure. After the initial inquiry report was found inconclusive, a fresh Inquiry Officer was appointed, who submitted his report along with subsequent clarifications. The matter was thereafter examined by the competent/disciplinary authority on the basis of the relevant factors, inquiry reports and records provided by the Anti-Corruption Bureau, J&K. The departmental proceedings established that the delinquent officer was guilty of gross misconduct and had failed to maintain absolute integrity, warranting imposition of a major penalty under the applicable service rules. After affording the delinquent officer an opportunity to show cause and considering his reply, the competent/disciplinary authority concluded that no fresh fact or material had been brought on record which warranted reconsideration of the proposed penalty.

MLA Arvind Gupta chairs RKS meeting, calls for major upgrade in healthcare services

■ HT News Network

Jammu West MLA and Chairman of the Rogi Kalyan Samiti (RKS), Government Hospital Sarwal, Arvind Gupta, chaired a meeting of the Governing Body to comprehensively review the hospital's functioning and approve various civil works and procurement proposals in a phased manner for the financial year 2026-27.

The meeting was attended by Medical Superintendent Dr Monika Kotwal, Physician Consultant Dr Usha Sharma, the District Ayush Officer, officers from PWD, PDD and PHE, and civil-society representatives Sanjeev Sharma, Suresh Sahni, Venu Khanna and Babu Ram Jandiyal.

During the meeting, Arvind Gupta sought a detailed status report on the installation and commissioning of the CT scan, MRI, pathology analyser and other diagnostic equipment. He directed the authorities to remove procedural bottlenecks and ensure that modern diagnostic facilities become operational at the earliest so patients are not forced to visit private centres or distant hospitals.

The MLA also reviewed the sanctioned and working strength of doctors, specialists, nurses and paramedical personnel. He asked the administration to prepare department-wise details of vacancies and employees attached or deputed to other institutions, stressing that any shortage affecting patient care must be addressed on priority.



Special emphasis was placed on strengthening emergency services. Gupta reviewed the condition of the Emergency Ward, availability of doctors and support staff, ambulances, medicines, lifesaving equipment and other critical resources. He sought department-wise data on emergency cases referred to other hospitals, along with the reasons for such referrals.

The meeting also examined the availability of medicines, consumables and essential medical supplies, besides reviewing OPD, IPD, emergency, diagnostic and surgery statistics. Specialty-wise details of surgeries performed during the reporting period were also discussed.

Arvind Gupta directed the hospital administration to maintain the highest standards of cleanliness and hygiene in wards, operation theatres, toilets, waiting areas and the surrounding premises. He said that a government hospital must offer patients not only proper treatment but also a clean, dignified and patient-friendly environment.

DC Reasi reviews monsoon preparedness; stresses timely restoration of railway road connectivity

■ HT News Network

REASI, JULY 23: Deputy Commissioner Reasi Kumar Abhishek today chaired a review meeting to assess monsoon preparedness, with special emphasis on the safety, maintenance and restoration of railway roads falling under District Reasi. The Deputy Commissioner reviewed the condition of railway roads affected by the ongoing monsoon and took stock of restoration measures being undertaken by the Railway authorities and KRCL. He stressed seamless coordination among all stakeholders to ensure timely clearance of roads and uninterrupted connectivity. The DC directed the officers concerned to conduct joint inspections of vulnerable railway road stretches, identify potential risks and take immediate preventive measures. He instructed the Railway authorities and KRCL to remove blockages without delay and restore connectivity on a priority basis. Among those present were Additional Deputy Commissioner Rakesh Kumar, Chief Administrative Officer Northern Railway Jammu, Deputy Chief Engineer KRCL, Assistant Commissioner Revenue Reasi, Sub-Divisional Magistrate Dharmari, Tehsildar Bhomag and representatives of Northern Railway, the Divisional Railway Manager (DRM) Jammu Division and Konkan Railway Corporation Limited (KRCL).

Mehbooba's Lectures on Article 370 Ring Hollow; PDP Paved BJP's Way into J&K: Rattan Lal Gupta

■ HT News Network

Jammu, 23 July: The Jammu and Kashmir National Conference Provincial President, Jammu, Rattan Lal Gupta, on Thursday launched a scathing attack on PDP President Mehbooba Mufti for accusing the National Conference of normalising the abrogation of Articles 370 and 35-A, saying the remarks were a desperate bid to stay politically relevant by peddling falsehoods.

Gupta said it was astonishing that the very party which “rolled out the red carpet for the BJP in Jammu and Kashmir” was now pretending to be the custodian of the region's constitutional identity. “The PDP has no moral, political or ideological authority to lecture the National Conference on Articles 370 and 35-A. It was the PDP that legitimised the BJP's entry into the corridors of power in Jammu and Kashmir and paved the way for everything that followed,” he said. He said the people have not forgot-



ten how Mehbooba Mufti chose power over principles and remained glued to office despite repeated humiliation at the hands of the BJP leadership. “The PDP willingly facilitated the extension of central laws such as the SARFAESI Act, GST and the National Food Security Act, steadily eroding Jammu and Kashmir's special status long before August 5, 2019. Even after the unconstitutional abrogation of Articles 370 and 35-A, PDP MPs supported the BJP on several key legislations in Parliament. Their political understanding with the BJP has never truly ended; only its form has changed,” Gupta said. He called out

the PDP of consistently sabotaging every sincere attempt to forge unity among regional and democratic forces. “Whenever the National Conference calls for a united struggle to restore the rights of the people, the PDP conveniently finds excuses to stay away because it does not want to upset its political mentors in Nagpur and Jhandewalan. The PDP and other ‘A, B and C teams’ of the BJP survive on creating confusion, dividing public opinion and weakening the collective voice of Jammu and Kashmir. The people, however, have seen through this deceit and will no longer be misled.” Rejecting Mehbooba Mufti's allegations, Gupta said the National Conference has neither surrendered nor compromised on Jammu and Kashmir's constitutional rights. “Unlike the PDP, we do not indulge in theatrics or political hypocrisy. We are pursuing a constitutional, democratic and sustained struggle to reclaim every right that has been taken away. Restoration of statehood is not the destination.

GOVERNMENT OF JAMMU & KASHMIR OFFICE OF THE TEHSILDAR KALANTRA / KREER

Subject: Application of BASHIR AHMAD GOJER DEADER S/O SARDAR GOJER DEADER for the issuance of ST (SCHEDULE TRIBE Gujar and Bakerwal) in favour of BASHIR AHMAD GOJAR DEADER, SALEHA BASHIR GOJER DEADER & AALIYA BASHIR

PUBLIC NOTICE

Regarding the subject cited above, the applicant has submitted the file in the office of the undersigned for the issuance of ST . in this connection a report of patwari halqa concerned has been sought which reveals that the applicant is currently residing in village BANDI BALLA and belongs to the ST caste and GOJAR DEADER community, having annual income is 963656 /PA the details of the family of the applicant are as follows

- 1.BASHIR AHMAD GOJAR DEADER self 42 years GOVT TEACHER
- 2.... DILSHADA BEGUM wife 40 years Home Maker
- 3...SALIYA BASHIR daughter 10 Years student
- 4.SALEHA BASHIR daughter 08 Years student
- 5...SHAKIYA BEGUM mother 60 years Home Maker

.The applicant has applied for Issuance of ST (SCHEDULE TRIBE Gujar & Bakerwal) certificate in favour of Self

If anyone have any objection to the issuance of delay order of said certificate certificate shall present his/her claim this office within 07 days, after that no objection shall be entertained

NAIB TEHSILDAR KREERI

GOVERNMENT OF JAMMU & KASHMIR OFFICE OF THE TEHSILDAR KALANTRA / KREER

Subject: Application of LAL UD DIN GOJAR DEADER S/O NOOR MOHD GOJER DEADER for the issuance of ST (SCHEDULE TRIBE Gujar and Bakerwal) in favour of LAL UD DIN GOJAR DEADER,SAFEER AHMAD GOJER DEADER , TANVEER AHMAD GOJER DEADER , YASIR AHMAD GOJER DEADER & RIFAT ARA

PUBLIC NOTICE

Regarding the subject cited above, the applicant has submitted the file in the office of the undersigned for the issuance of ST . in this connection a report of patwari halqa concerned has been sought which reveals that the applicant is currently residing in village BANDI BALLA and belongs to the ST caste and GOJAR DEADER community, having annual income is 97000 /PA the details of the family of the applicant are as follows

- 1..LAL UD DIN GOJAR DEADER self 55 years
- 2.... TANVEER AHMAD GOJER DEADER Son 18 years //
- 3..FAREEDA BEGUM wife 50 Years //
- 4..YASIR AHMAD GOJER DEADER son 17 Years //
- 5...SAFEER AHMAD GOJER DEADER 16 years //
- 6...REFAT ARA daughter 26 years //

.The applicant has applied for Issuance of ST (SCHEDULE TRIBE Gujar & Bakerwal) certificate in favour of Self

if anyone have any objection to the issuance of delay order of said certificate certificate shall present his/her claim this office within 07 days, after that no objection shall be entertained

NAIB TEHSILDAR KREERI

إِنَّا لِلّٰهِ وَإِنَّا إِلَيْهِ رَاجِعُونَ

DEMISE

With profound grief and sorrow we inform the demise of
Mohammad Yousuf wani
R/o qamarwari near Ahle hadees Masjid
Qamarwari srinagar .who passed away on
22 July 2026 (Wednesday).

The Chaharum will be held on
24 July 2026 (Friday) at 2:30 pm
at Graveyard Kawkoel,
Wantpora, Srinagar .

May Almighty Allah grant him the highest place in
Jannat-ul-Firdous and give strength to the bereaved family.
Ameen.

PUBLIC NOTICE

NAME CORRECTION

Subject: Public Notice for Correction of Name and Date of Birth in Aadhaar Record I, Muskan Nazir, Daughter of Nazir Ahmad Mir, Resident of Kreeri, Baramulla, hereby declare that my name and date of birth have been incorrectly recorded in my Aadhaar card.

The corrections required are as follows:

- Incorrect Name: Simran Nazir
- Correct Name: Muskan Nazir
- Incorrect Date of Birth: 14/04/2005
- Correct Date of Birth: 20/10/2005

This public notice is being issued for the purpose of correction of my Aadhaar details and for submission before the UDID Authority. If any person has any objection regarding the above-mentioned corrections, they may submit the same, along with supporting documentary evidence, to the UDID Office within the prescribed time. If no objection is received, the concerned authority may proceed with the correction of my Aadhaar records accordingly. I hereby declare that the information furnished above is true and correct to the best of my knowledge and belief.

Place: Kreeri, Baramulla

Name: Muskan Nazir
D/o Nazir Ahmad Mir
R/o kreeri

PUBLIC NOTICE

I,KHURSHED AHMADGANIEfather of TABIA JAANresident of HARNOW KAWACHAK hereby notified the general public that the name in the Adhaar card bearing Adhaar No 5346 9360 3445 has been wrongly entered as TOBIA JAN while the correct name is TABIA JAAN this notice is being published for the correction of the name in the Adhaar records and all other documents.If any person has any objection to this name correction they may contact the UIDAI or the undersigned with valid documents proof within seven days from the date of publication of this notice after that no objection will be entertained .

Name....KHURSHED AHMADGANIE
F/O...TABIA JAAN
R/O ...HARNOW KAWACHACK

PUBLIC NOTICE

It is here by notified that my name has been incorrectly mentioned in my Bank Account as SHAOIBAHMAD BHAT bearing Accountno 0139040100011913 while my correct name is SHOIB MOHAMMAD BHAT S/O GH MOHAMMAD BHAT which needs to be corrected if anybody having any objection in this regard he/she may file his/her objection in the office of J&K BANK KREERI authority of India within seven days from the publication of this notice after that no objection will be entertained.

Name...SHOIB MOHAMMAD BHAT
S/O ... GH MOHAMMAD BHAT
R/O ...TILAGAM PATTAN
Account No...0139040100011913
Dist....BARAMULLA

PUBLIC NOTICE

NAME CORRECTION

This is to inform the general public and all concerned authorities that the name of the undersigned has been incorrectly recorded in the Aadhaar records.

Incorrect Name: Sobiya Ahad
Correct Name: Subia Ahad
The correct particulars are as follows:
Name: Subia Ahad
Father's Name: Abdul Ahad Rashie
Address: Kakothal
Aadhaar Number: XXXX XXXX 3736

The incorrect name "Sobiya Ahad" appearing in the Aadhaar record is due to an inadvertent error. The correct name is "Subia Ahad," and the same may kindly be treated as the valid and correct name for all official purposes. This public notice is being issued in support of the application for correction of the name in the Aadhaar records. If any person has any objection regarding this correction, they may raise it before the concerned authority within the prescribed period.

Subia Ahad
D/o Abdul Ahad Rashie
R/o Kakothal

Union Territory of Jammu & Kashmir OFFICE OF THE EXECUTIVE ENGINEER (R&B) DIVISION URI

NOTICE INVITING E-TENDER

eNIT No.44 of 2026-27/2863-72/R&B Uri e-tendering DATED: 22.07.2026

For and on behalf of the Lt. Governor, UT J&K, e-tenders (In single cover system) are invited on Percentage basis from approved and eligible Contractors registered with J&K State Govt., CPWD, Railways and other State/Central Governments for the following works:-

S.No	Name of Work	Adv. Cost (Rs. In Lacs)	Cost of T/ DOC (In Rupees)	E/Money (In Rs.)	Time for completion of work	Class of Contractor	M. H of Account	Tender Call
1	2	3	4	5	7	8	9	10
01	Completion of building at MS Naibasti, Zone Jhulla	4.00	200/-	8000/-	30 Days	DEE	District Capex (2026-2027) (Elementary Education)	1 st

Project Authority: District Development commissioner Baramulla
Status of AAATS: Accorded/Granted

1. The Bidding documents Consisting of qualifying information, eligibility criteria, specifications, Drawings, bill of quantities (B.O.Q), Set of terms and conditions of contract and other details can be seen/downloaded from the departmental website www.jktenders.gov.in as per schedule of dates given below:-

1	Date of Issue of Tender Notice	22.07.2026
2	Period of downloading of bidding documents	23.07.2026(10:00 AM) to 03.08.2026 (4:00 PM)
3	Bid submission Start Date	23.07.2026 From (10:00 AM)
4	Bid Submission End Date	03.08.2026 at (4:00 PM)
5	Date & time of opening of Bids (Online)	04.08.2026 (11:00 AM) in the office of Executive Engineer R&B) Division Uri

2.Bids must be accompanied with cost of Tender document in shape of Treasury Challan debited under M.H-0059 in favour of Executive Engineer R&B Division Uri (tender inviting authority) (The Date of Treasury Challan should be between the date of start of bid and Bid Submission End date)

3. At the time of tendering, all the bidders must upload earnest money/bid security equal to 2% of the Advertised Cost in the form of CDR/ FDR/ pledged to the tender receiving authority i.e. Executive Engineer R&B) Division Uri (The date of Earnest money should be between Date of Start of bid and bid submission End date). The successful (1st lowest) bidder will have to provide Performance security @ 5% of Allotted cost in shape of CDR/ FDR at the time of contract award. The earnest money/ bid security of 2% will be released to the successful bidder only after the submission of performance security of 5% of the total allotted cost which will be released after successful completion of the DLP.

3 (a) Failure to produce Performance Security shall render the LI as non-responsive and case for debarment of the Contractor for a period of 01 Year be forwarded to Higher Authorities.

3. (c) The Earnest Money/Performance Security shall be forfeited If:
(i) Any bidder/tenderer withdraws his bid/tender during the period of bid validity or makes any modification in the terms and conditions of the bid.

(ii) Failure of successful bidder to furnish the required performance security within specified time period before issue of letter of intent.

(iii) Successful Bidder fails to execute the agreement within 28 days after fixation of contract.

(iv) If at any stage of work, the Bidder back up from the contract, again the Performance security/EMD as well as work done claim will be forfeited.

4. The date and time of opening of Bids shall be notified on Web Site www.jktenders.gov.in and conveyed to the bidders automatically through an e-mail message on their e-mail address. The bids of Responsive bidders shall be opened online on same Web Site in the Office of Executive Engineer R&B) Division Uri (tender receiving authority).

5. The bids for the work shall remain valid for a period of 120 days from the date of opening of Technical bids

6. Instruction to bidders regarding e-tendering process.

6.1. Bidders are advised to download bid submission manual from the "Downloads" option as well as from "Bidders Manual Kit" on website www.jktenders.gov.in to acquaint bid submission process.

6.2. To participate in bidding process, bidders have to get 'Digital Signature Certificate (DSC)' as per Information Technology Act 2000. Bidders can get digital certificate from any approved Vendor.

6.3. The bidders have to submit their bids online in electronic format with digital Signature. No bid will be accepted in physical form.

6.4. Bids will be opened online as per time schedule mentioned in Para-1.

6.5. Bidders must ensure to upload scanned copy of all necessary documents with the technical bid.

Note: - Scan all the documents on 100 dpi with black and white option.

7. The department will not be responsible for delay in online submission due to any reasons.

8. Scanned copy of cost of tender document in shape of Treasury Challan in favour of Executive Engineer R&B Division Uri

(The date of Treasury Challan should be between the date of start of bid and Bid Submission End date)

pledged to Executive Engineer R&B Division Uri, must be uploaded with the documents of the bid. The original Treasury Challan

(cost of tender document), and other relevant bid documents shall be obtained from the lowest bidder before the fixation of contract.

9. Bidders are advised not to make any change in BOQ (Bill of Quantities) contents. In no case they should attempt to create similar BOQ manually.

10. Bidders should note that if the documents uploaded/submitted on the basis of which the contract has been awarded are found fake/not genuine at any time, the contract shall be cancelled and the contractor/bidder shall be blacklisted for participation in this division for a period of five years besides the performance security deposited for the said work shall be forfeited.

11. Any item/items of work found necessary during execution of work though not in th

DIPK-3615/26
Send Dt: 23-07-26

Sd/-
(Er Imran Ali)
Executive Engineer,
R&B Division, Uri.



JAMMU & KASHMIR STATE HAJ COMMITTEE



Government of India
Ministry of Minority Affairs
Haj Committee of India

HAJ 2027 (1448 H) IMPORTANT GUIDELINES

1 PASSPORT VALIDITY

- Passport must be valid till **31 December 2027**.
- Passport must be valid on the date of application.

2 COVER / GROUP

- A group can have maximum **5 members**.
- Minimum age – **18 years** on the date of application.

3 COVER HEAD

- Cover Head must be a **male member**.
- Minimum age – **18 years** on the date of application.

4 MOBILE NUMBER & WHATSAPP

- Cover Head must use his own mobile number.
- WhatsApp must be active on the same number.

5 FORM SUBMISSION

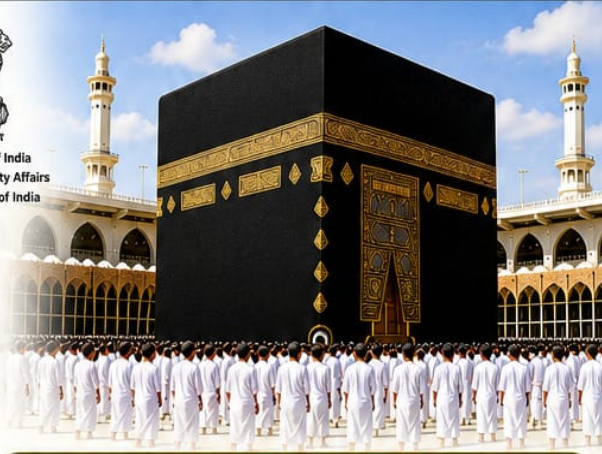
- Fill the form yourself.
- Do not let anyone else fill the form using your mobile number.
- Do not share your OTP with anyone.

6 NOMINEE

- Nominee: Son / Daughter / Parents / Spouse (Legal heir preferred)
- Add only one nominee who will perform Hajj in your place.

7 BANK DETAILS (ACCOUNT HOLDER MUST BE COVER HEAD)

- Account must be in the name of the Cover Head.
- Provide correct & active bank account details.
- Account must be active.



ANNOUNCEMENT FOR HAJ – 2027 (1448 H)

1. The Haj Committee of India invites applications from eligible intending pilgrims for Haj – 2027 through the online Haj Application Form available at <https://www.hajcommittee.gov.in> or HAJ SUVIDHA mobile app.

2. The application window shall remain open from **22.06.2026 to 20.07.2026** (up to 11:59 PM). After Qurbah (Digital Random Selection) process to be conducted in the last week of July, each provisionally selected pilgrim shall be required to deposit an advance amount of **₹1,52,300/-** on or before **10.08.2026**. No relaxation or extension in these timelines shall be feasible.

3. Applicants must carefully read the Guidelines and Undertakings to ensure their eligibility and upload scanned copies (not photographs) of the following:

- Front and back pages of machine-readable Indian Passport (1200 × 800 px, JPG/JPEG, 100–500 KB), issued on or before the application closing date and valid up to at least 31.12.2027;
- Passport-size photo with white background (480 × 640 px, JPG/JPEG, 5–20 KB);
- Bank passbook or cancelled cheque (590 × 750 px, JPG/JPEG, 80–250 KB); and
- Address proof (590 × 750 px, JPG/JPEG, 80–250 KB).

4. Cancellation of a Haj seat is strongly discouraged, as it causes operational difficulties. Accordingly, cancellation shall attract substantial penalties in accordance with the Guidelines for Haj 2027. Intending pilgrims are advised to apply only after careful consideration of their preparedness and firm commitment to undertake the pilgrimage.



Timely Updates
Guidance & Support
Important Information
Deadlines & Reminders



JOIN OUR OFFICIAL WHATSAPP GROUP
For Haj 2027 Updates

Bait-ul-Hujaj (Haj House), Bemina, Srinagar, Jammu & Kashmir, India - 190017

+91 194 249 5365
<https://www.jkshc.org/>



Aapki Tayyari – Aapka Aaram – Hamari Zimmedari

Space Devoted by Headlines Today, Purely in Public Interest

Govt's Resolve Is To Ensure Bright Future For Country's Youth: Amit Shah

■ HT News Network/UNI

New Delhi, Jul 23 Union Home Minister Amit Shah on Thursday said the welfare of the youth and their bright future is both the highest priority and the resolve of the Modi government.

In a message posted on X, the minister said the decision to expedite hearings and take stringent action against the guilty in paper leak cases through the establishment of fast-track courts by Prime Minister Narendra Modi is a reflection of this very commitment.

"This important step by Prime Minister Narendra Modi against those who toy with the future of the youth due to paper leaks will prove to be a milestone," he said.

Earlier in the day, the PM said the welfare of the country's youth is the top priority of his government and asserted that anyone trying to harm their future will not be spared.



Modi's outreach to the youth came three days after thousands of students led by the Cockroach Janta Party (CJP) took part in the 'Sansad Chalo' march against irregu-

larities in the NEET exam and to demand the resignation of Union Education Minister Dharmendra Pradhan.

During the march, police resorted to

lathi-charge and lobbed tear gas shells, injuring scores of students. Over 100 policemen were also injured while trying to stop the protest march. In his message on X, Modi also said that the government has decided to set up fast-track courts to ensure swift and stringent punishment for those involved in paper leaks.

"Nothing is more important than the welfare and future of our youth! This is our top priority. Those who try to harm the future of our youth will not be spared," he said.

The prime minister also said that he has directed the concerned authorities and officials to take all necessary steps on the issue of paper leaks.

"This is an important step in the series of decisions being taken by the government to safeguard the interests of students," he said. Modi's first public message on the NEET paper leaks came on Tuesday, when he spoke about the issue at a meeting of the NDA Parliamentary Party.

Closure Of Metro Stations: CJI Says He Will Intervene If Issue Not Resolved By Lunch

■ HT News Network/UNI

New Delhi, Jul 23 Chief Justice of India Surya Kant on Thursday took note of the SCBA's plea that several metro stations have been closed making it difficult for lawyers and litigants to come to court and said he will intervene if the matter is not resolved by lunch time.

Supreme Court Bar Association (SCBA) President Vikas Singh mentioned the closure of the Supreme Court Metro and other stations amid the ongoing student protests right in the morning. He urged the CJI-led bench that there should at least be restricted access for lawyers, litigants and court staff. The CJI also said he had directed that no adverse orders in any case should be passed solely on



account of the absence of lawyers affected by the prevailing situation. The bar leader proposed that individuals holding valid Supreme Court entry passes, including Registry staff, be allowed to get off at the Supreme Court Metro station after undergoing security screening. He said commuters exiting the station could be screened and only those carrying valid proximity cards or official SC.

Opposition Trying To Run Away From NEET Debate By Attaching Pre-Conditions: Rijiju In LS

■ HT News Network/UNI

New Delhi, Jul 23 Parliamentary Affairs Minister Kiren Rijiju on Thursday accused the Opposition of attaching pre-conditions and trying to run away from a debate on the NEET paper leak issue.

As the Opposition insisted on the resignation of Education Minister Dharmendra Pradhan, Rijiju told the Lok Sabha that during the discussion, the government would also like to put across its point of view on the matter. He said Opposition members can speak for as long as they want and the discussion can take place even for two days. Further, Rijiju said the date and duration of the discussion in both the Houses can be decided by the Opposition.

According to him, the government has approached the Congress and other Opposition parties on hav-



ing the debate.

Rijiju made these remarks after the House reconvened at noon following an earlier adjournment. Amid the ruckus over the NEET paper leak issue, the proceedings were adjourned till 2 pm.

As soon as the House met again at noon, Opposition members started shouting slogans and displayed placards. Many of the members were in the Well of the House.

Dilip Saika, who was in

the Chair, urged the protesting members to go back to their seats and said that it was not right to disrupt the proceedings.

With the protests continuing, the House was adjourned within 10 minutes after the laying of papers listed for the day.

Earlier during the Question Hour, Lok Sabha Speaker Om Birla urged members to let the House function, describing it as an important part of the day's business.

"The Question Hour is the most important. After the Question Hour, the House is ready to discuss every issue. I will speak to the government, and the government is also ready for discussions. I appeal to all members to participate in the discussion after the Question Hour," Birla said.

For the fourth straight day on Thursday, Question Hour and Zero Hour were disrupted in the Lok Sabha due as Opposition parties pressed for discussions on the NEET paper leak controversy and the demand for the resignation of Pradhan. Top opposition leaders, including Rahul Gandhi and Akhilesh Yadav, on Thursday met Birla amid repeated disruptions of House proceedings over the demand for a debate on the NEET paper leak issue.

TMC leaders Saugata Roy and Mahua Moitra were also present at the meeting.

'Look into eyes of youth who bled': Kharge attacks PM Modi, seeks Pradhan's sacking

■ HT News Network/UNI

NEW DELHI, Jul 23 Congress president Mallikarjun Kharge on Thursday hit out at Prime Minister Narendra Modi, asking him to look into the eyes of the youth who bled on the streets protesting.

After Prime Minister Modi made a strong pitch in favour of the youth, saying those who play with their future would not be spared, Kharge stated that all doors for the youth have been shut and asked where should they go.

"Narendramodiji, Education system has corroded under your watch. We do not need platitudes or peace meal announcements. Your government lathicharged the youth, used pellet guns, shock batons, indiscriminate brutality with impunity, as if they are not our own children," he said on X while referring to the



student protests against exam irregularities.

"Come out of your air-conditioned ivory towers and look into the eyes of the young men and women who bled on the streets, fighting your dictatorship," he said.

The Congress chief said the youth only want "three simple demands to be fulfilled -- "1) Immediately sack Education Minister Pradhan. 2) Apologise for the punitive action & atrocities and 3) Provide justice to those who you targeted."

Kharge also alleged that the RSS has captured the education system.

Youth Unemployment is skyrocketing at 29% (PLFS). No Private jobs, handful of permanent government jobs. Contractualisation at its peak. All doors are shut. Where does the youth go to demand a future?" the Congress leader said.

AICC general secretary K C Venugopal also slammed the prime minister, saying his remarks were a complete "eyewash".

"Mr. Modi is living in fool's paradise if he thinks the youth will settle for this. Their demands remain clear:- Dharmendra Pradhan must resign- PM Modi must apologise- Punishment for the assaulters who attacked peaceful protesters," he stated.

Earlier in the day, amid continuing protests over the NEET paper leak, Modi announced that the government would set up fast-track courts to ensure swift and stringent punishment for those involved in paper leaks.

"Nothing is more important than the welfare and future of our youth! Those who try to harm the future of our youth will not be spared," Modi said in a post on X. "Nothing is more important than the welfare and future of our youth! Those who try to harm the future of our youth will not be spared," Modi said in a post on X.

India invites Bangladesh PM Tarique Rahman to attend BRICS Summit

■ HT News Network /UNI

Dhaka, Jul 23 (UNI) India has invited Bangladesh Prime Minister Tarique Rahman to attend the 18th BRICS Summit, scheduled to be held in New Delhi on September 12-13, as a special guest.

Speaking to reporters at the Ministry of Foreign Affairs in Dhaka today, State Minister for Foreign Affairs Shama Obaed Islam, said the ministry had received the invitation letter from the Indian side and forwarded it to the Prime Minister's Office.

India, which is set to host the 18th BRICS Summit, has invited the Bangladesh premier to the gathering although Bangladesh is not a member of the grouping.

If accepted, Tarique Rahman's participation would provide the first opportunity for a bilateral meeting with Prime Minister Narendra Modi since the Bangladesh Nationalist Party came to power in February after the parliamentary elections.

Asked whether Bangladesh was con-

cerned about the ongoing student protest in India, Shama Obaed said: "As a democratic state and a democratic government, Bangladesh wants peace and stability to be maintained in our region. As a democratic government and state, we hope that India, as the world's largest democracy, will pay attention to the concerns of its people and move quickly toward resolving the situation," Prothom Alo reported.

On another issue, the state minister said the foreign ministry does not yet have specific information about a reported phone call between President Mohammed Shahabuddin and former prime minister Sheikh Hasina. "If any information comes, the government will definitely investigate the matter," Shama Obaed said.

India's relations with Bangladesh had deteriorated under the interim government headed by Mohamed Yunus. After Tarique Rahman became premier in February 2026, India made a swift diplomatic push by sending Lok Sabha Speaker Om Birla and Foreign Secretary Vikram Misri to Dhaka.

Karnataka Dy CM writes to Modi, demands end to NEET

■ HT News Network/UNI

Bengaluru, July 23 (UNI) Karnataka Deputy Chief Minister G Parameshwara on Thursday intensified the political offensive against the Centre over the NEET controversy, writing to Prime Minister Narendra Modi to abolish the National Eligibility-cum-Entrance Test (NEET) and restore State-level Common Entrance Tests (CETs) for medical admissions.

In a strongly-worded letter released to the media, Parameshwara said the NEET system had failed to protect the interests of students and urged the Prime Minister to immediately



reinstate transparent, merit-based State CETs in keeping with India's federal structure.

Calling the alleged NEET paper leak and its aftermath a "systemic failure", he also urged the Centre to provide compensation of at least Rs 1 crore to the families of students who allegedly died by suicide following the

controversy.

The Deputy Chief Minister argued that State CETs had consistently ensured fair, transparent and merit-based admissions while allowing States to address local educational priorities. He said the restoration of the State-level entrance system was essential to rebuild public confidence in medical admissions and safeguard the rights of students.

Parameshwara maintained that the Centre must take moral responsibility for the alleged failures surrounding NEET and act decisively to prevent further erosion of trust in the country's medical entrance system.

Rainfall activity to intensify across Haryana, Punjab & Delhi from July 27: IMD

■ HT News Network/UNI

Panchkula, Jul 23 (UNI) The India Meteorological Department (IMD) today forecast an increase in rainfall activity across Haryana, Punjab and Delhi from July 27, with fairly widespread rainfall likely over the region during the last three days of the seven-day forecast period.

The weather office has also predicted widespread rainfall throughout the week in Himachal Pradesh, while scattered to fairly widespread precipitation is expected to continue over the Western Himalayan region.

According to the IMD's latest seven-day forecast issued today, Punjab is expected to receive scattered rainfall from July 23 to July 26, followed by fairly widespread rainfall from July 27 to July 29. For Haryana, Chandigarh and Delhi, isolated rain has been forecast on July 23, scattered rainfall from July 24 to July 26, and fairly widespread rainfall between July 27 and July 29. Himachal Pradesh is likely to witness widespread rainfall on all seven days, while Uttarakhand is expected to experience widespread to fairly widespread precipitation during most of the forecast period. The weather bulletin further said that during the past 24 hours, rain and thundershowers occurred at many places over Punjab and Delhi.

Opposition Misleading Youth on NEET Issue, Says Haryana CM Nayab Singh Saini

■ HT News Network /UNI

Rohtak, July 23 (UNI) Haryana Chief Minister Nayab Singh Saini on Thursday accused the Opposition of misleading young people over the NEET paper leak issue, asserting that the Narendra Modi government has adopted a zero-tolerance approach against examination irregularities and is committed to safeguarding students' future.

Interacting with mediapersons at Maharshi Dayanand University (MDU), Rohtak, Saini said Prime Minister Narendra Modi had directed that FIRs be registered against those involved in

paper leak cases and that investigations be completed promptly so that the guilty are brought to justice through fast-track courts.

The Chief Minister alleged that while the Centre has acted decisively against examination malpractices, the Opposition was attempting to politicise the issue instead of contributing constructively.

He claimed that Congress leader Rahul Gandhi was unwilling to discuss the matter in Parliament and said that if the Opposition had meaningful suggestions, it should present them before the Central Government.

Drawing a comparison with the



previous UPA regime, Saini said several paper leak incidents had also

occurred during that period but no effective corrective measures were

taken. He further said that the education budget, which stood at 8,225 crore during the previous government, has now been increased to 1,39 lakh crore by the present Central Government.

Highlighting the Haryana government's recruitment record, the Chief Minister said that over the past 11-and-a-half years, the state has provided 1.83 lakh government jobs on the principle of "without bribery and without recommendation" ("bina kharchi, bina parchi"), compared to about 86,000 jobs provided during the previous Congress government.

Saini also said the Haryana govern-

ment had enacted the Haryana Public Examination (Prevention of Unfair Means) Act, 2021 to preserve the sanctity of competitive examinations. The law provides for stringent punishment, including imprisonment ranging from two to ten years, for those found guilty of using unfair means in public examinations.

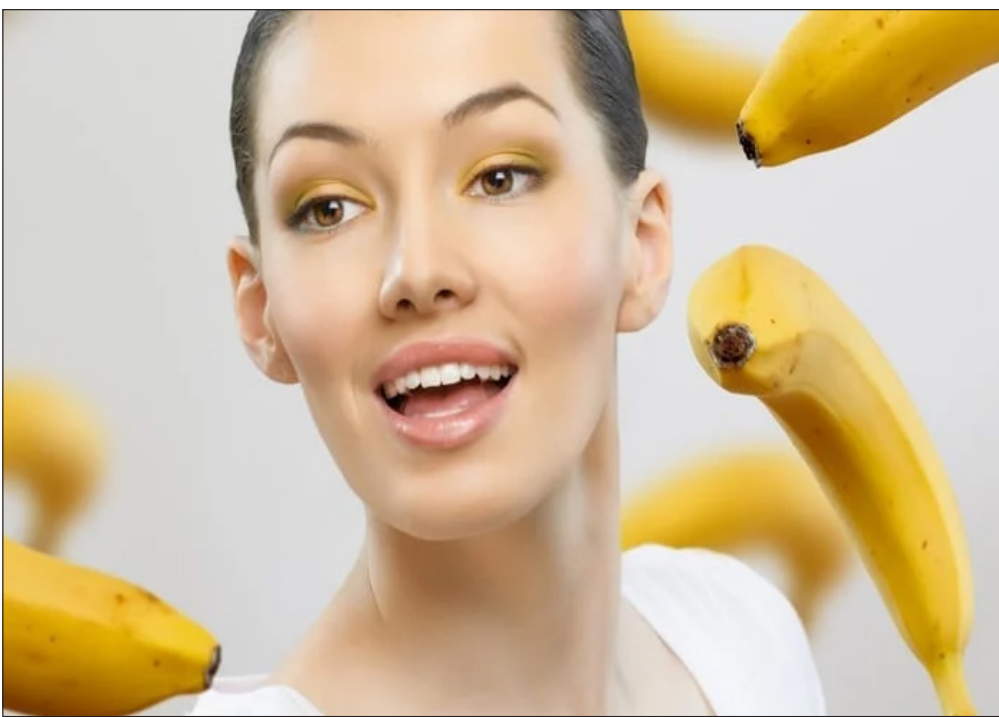
The Chief Minister urged Rahul Gandhi and other Opposition leaders to focus on resolving students' concerns instead of creating confusion for political gains. He said any constructive suggestions should be placed before Parliament to further strengthen the country's examination system.

7 Powerful Reasons To Eat Bananas

The humble yellow fruit that packs a big punch for your health

Bananas are one of the most tempting fruits, extremely delicious, and a healthy snack. They are loaded with potassium, magnesium, Vitamin B6, and Vitamin C. Evidence shows that the nutrients levels rise in bananas as they ripen, dark-spotted bananas are 8 times more effective in boosting the power of white blood cells than green skin bananas.

An array of health benefits is linked with this curvy yellow fruit. Bananas help to attain your weight loss goals, keeps your bowels healthy, normalize the heart



Health Benefits Of Eating Bananas

1.Heart Healthy

The potassium, magnesium and vitamin content in bananas all support heart health. According to the FDA, bananas, high potassium and low sodium content reduce the risk of cardiovascular disease against the adverse effect of high blood pressure. Also Read: 5 Foods Abundant In Potassium That Are Incredibly Healthy – Infographic

2.Promote Digestive Health

Bananas are an ideal choice of food recommended for diarrhoea treatment. BRAT (bananas, rice, applesauce, and toast) diet is recommended for the nutritional management of diarrhoea. Bananas replace the lost electrolytes like potassium during bouts of diarrhoea that make you feel weak. As per the study published in Nutrition Bulletin 2017, the resistant starch in bananas support the gut health and promotes regularity.

3. Enhance The Mood And Boost The Memory

The high levels of tryptophan in bananas are converted to serotonin, the mood-elevating brain neurotransmitter that helps to overcome depression and boosts memory. The goodness of vitamin B6 and magnesium promotes good sleep and relaxes the muscles.

4. Treats Asthma

Researchers at the Imperial College of London found that children who ate just 1 banana per day had a 34% less chance of developing asthma.

5. Promotes Weight Loss

The presence of dietary fibre and the resistant starch in bananas plays a vital role in weight loss because it slows digestion, helps you feel full, keeps blood sugar levels balanced, and burns fat for energy reveals the Journal of Nutrition. Also Read: Top 5 Super Foods To Achieve Weight Loss – Infographic

6. Soothes Ulcers and Heartburn

Bananas cure heartburn. They balance the stomach's pH and enhance the mucus layer, relieving pain. The fibre contents ease the food to move faster through the intestine preventing reflux.

Eating bananas regularly protects against stomach ulcers by thickening the protective mucus barrier in the stomach and preventing damage from hydrochloric acid. The protease inhibitors in bananas eliminate stomach bacteria that can cause stomach ulcers.

7. Improves Libido

Bananas benefits for men include a range of health benefits for men's health and are packed with nutrients.

Potassium, the main nutrient in bananas, helps to boost the production of testosterone, the male sex hormone and

improves the libido. Tryptophan present in bananas helps to increase the secretion of serotonin, a hormone that lifts mood and increases the sex drive in men.

Manganese and magnesium in bananas improve prostate health and promote the functioning of reproductive organs to their optimum.

Bananas are a great source of bromelain and vitamin B that regulates the hormone testosterone and increases sexual desire, performance, and overall virility. Bananas being a good source of carbohydrates boost energy levels and increase blood circulation even to male reproductive organs and help to improve libido.



Additional Health Benefits

Promotes Kidney Health

Potassium is a crucial mineral for healthy kidney function and management of blood pressure. Being intrinsically rich in potassium, bananas would be a great addition to your meal regimen when it comes to maintaining kidney health. Studies disclose that early-stage kidney disease associated with potassium reduces blood pressure and slower progression of kidney disease. While a few people with last-stage kidney disease or on dialysis need to limit their potassium intake.

Help Exercise Recovery

Bananas are considered the ideal food for athletes, as it offer an instant source of energy and minerals to replenish the fluid lost during strenuous exercise. Packed with the goodness of easily digestible carbs, potassium, and magnesium, both of which serve as a natural source of electrolytes restoring the body with the needed nutrition. Besides these, bananas deliver impressive amounts of nutrients before, during, and after exercise.

Keep You Satiated

The presence of soluble dietary fibre in bananas may support keeping you full by adding bulk and slowing down the digestion process. Also, bananas are low in calories and high in fibre content making them an ideal and filling snack than other junk or highly processed foods.

Body Growth Hormone and the Bodybuilding Craze

Surinderpal Singh

The desire to look physically fit has become stronger than ever. Social media platforms are filled with images of muscular bodies, dramatic fitness transformations and promises of rapid muscle gain. While regular exercise and balanced nutrition remain the foundation of good health, an increasing number of young people are being tempted by shortcuts such as Human Growth Hormone (HGH). This growing trend deserves serious attention because what appears to be a quick path to success may actually lead to lifelong health problems.

Human Growth Hormone, commonly known as HGH or somatotropin, is a naturally occurring protein hormone produced by the pituitary gland at the base of the brain. It consists of 191

amino acids and plays an essential role in the growth of bones, muscles and other body tissues. It also helps regulate metabolism and stimulates the production of Insulin-like Growth Factor-1 (IGF-1), which promotes normal growth and tissue repair. In medicine, HGH is a valuable treatment for children and adults suffering from genuine growth hormone deficiency and certain other medical conditions. Under the supervision of qualified doctors, it has improved the quality of life for many patients.

Unfortunately, the same hormone is increasingly being promoted in the bodybuilding and gym industry as a miracle solution for building muscle and burning fat. Some trainers, online influencers and illegal suppliers claim that HGH can produce extraordinary physiques within a short period. Such claims are often exaggerated and rarely supported by complete scientific evidence. While growth hormone may increase lean body mass in certain

circumstances, it cannot replace disciplined training, proper nutrition, sufficient rest and consistent effort. There is no injection that can substitute for hard work.

The misuse of HGH has become a matter of concern, especially among teenagers and young adults who may not fully understand its risks. Because HGH is a protein hormone, it cannot be taken orally and is administered through injections. Many products sold outside legitimate medical channels are counterfeit, contaminated, or improperly manufactured, exposing users to additional dangers beyond the hormone itself.

Health experts warn that unnecessary HGH use can lead to swelling, joint pain, muscle aches, high blood sugar, diabetes, enlargement of internal organs, abnormal bone growth and cardiovascular complications. Long-term misuse may cause permanent changes that cannot be reversed. Moreover, combining HGH with anabolic steroids—a common practice in some bodybuilding

circles—can significantly increase health risks.

There is also an ethical dimension to this issue. Competitive sports organizations ban the use of HGH as a performance-enhancing drug because it provides an unfair advantage and violates the principles of fair competition. Success achieved through artificial enhancement undermines the values of honesty, perseverance and sportsmanship that every athlete should uphold.

The fitness industry has a responsibility to promote evidence-based health practices rather than unrealistic expectations. Gym owners, fitness trainers, teachers, parents and healthcare professionals must educate young people about the difference between medically necessary treatment and dangerous misuse. Fitness should never be measured only by muscle size or appearance but by strength, endurance, overall health and self-confidence.

Young people should remember that the

human body grows stronger through patience and consistency. Balanced nutrition, scientific training methods, adequate sleep and regular physical activity remain the safest and most effective ways to achieve lifelong fitness. Shortcuts may seem attractive, but they often come with hidden costs that are far greater than the temporary benefits they promise.

The real message is simple: Human Growth Hormone is a remarkable medical discovery when used appropriately under medical supervision. However, its misuse in the pursuit of an ideal physique is neither wise nor safe. Instead of chasing artificial perfection, society should encourage healthy lifestyles, informed choices and realistic expectations. True strength is not built in a syringe—it is built through knowledge, discipline, and determination.

Surinderpal Singh
Acuity In Science Department
Sri Amritsar Sahib Punjab

Asian Games 2026 Kabaddi draws revealed

United News Of India

AICHI-NAGOYA (JAPAN), JULY 23 :The Indian men's and women's Kabaddi teams were both placed in Group A for their respective competitions at the Asian Games 2026 here.

The group compositions for both kabaddi competitions at the 20th Asian Games were confirmed on Thursday. India's men were drawn alongside Bangladesh, the Republic of Korea, Chinese Taipei and Japan in Group A.

Nepal, Thailand, Pakistan, Malaysia and the Islamic Republic of Iran make up Group B, keeping India and the Iranians - traditional powerhouses of the sport - apart for the group phase.

The Indian women, meanwhile, will face Iran, Japan and Bangladesh in Group A. Sri Lanka, Thailand,



Chinese Taipei and Nepal complete the women's field in Group B, according to olympics.com.

Ten teams, split into two groups of five, will contest the men's title in Japan. The women's competition features eight sides divided into two groups of four. Since the 2006 Asian Games, the kabaddi competition has

followed a format where the top two teams from each group after the round-robin stage qualify for the semi-finals.

The Asian Games 2026 will be held from September 19 to October 4 in Japan's Aichi prefecture.

The kabaddi events will be held at the Tokai Citizens Gymnasium

between September 21 and 26.

Kabaddi has been featured in every Asian Games programme since Beijing 1990, when six teams contested a men-only competition in a round-robin format. A women's event was added to the programme in 2010.

The Indian men's kabaddi team dominated the opening decades, taking gold at every edition from 1990 to 2014 without dropping a single match, a run that included a final win over Pakistan at Doha 2006, the first year a knockout round was introduced. The Indian women's kabaddi team was similarly unbeaten on their way to titles in 2010 and 2014. That stranglehold snapped in 2018. India's men lost their first match at the continental meet, going down 23-24 to the Republic of Korea in the group stage before losing to eventual champions Iran in the semi-finals to settle for bronze.

Biggest win isn't Medal - why Padel's Asian Games debut changes sport forever

United News Of India

MUMBAI, JULY 23 Once played primarily in Spain and Argentina before rapidly expanding across Europe, the Middle East and beyond, padel is now one of the world's fastest-growing sports.

Its inclusion in the Asian Games marks a defining milestone, not simply because medals will be awarded, but because it signals a shift in how the sport will be viewed, funded and followed across Asia.

For World Padel League Co-Founder Mahesh Bhupathi, this is the moment padel moves from being an emerging sport to becoming part of the mainstream sporting conversation. "The medals are important, but they're only one part of the story. What really changes is how a sport is perceived. Once you're part of an event like the Asian Games,

governments pay attention, federations invest differently, and parents start looking at it as a sporting pathway.

That's when a sport really starts moving. At the World Padel League, that's exactly what we've been working towards - bringing the world's best players to India, creating greater visibility for the sport and helping build an ecosystem that can support its long-term growth. The Asian Games is another important step in that journey." Bhupathi believes the Asian Games will be a defining moment for the sport's development across the region, giving countries a compelling reason to invest in infrastructure, talent development and stronger domestic ecosystems. "It's a defining moment for the sport in this region. Countries like Spain and Argentina have spent years building strong padel cultures, and through the World Padel League.

Hockey India Junior Women Academy Championship begins in Gwalior on July 24



United News Of India

GWALIOR, JULY 23 :The 4th Hockey India Junior Women Academy Championship 2026

(Zone A & B) is set to commence on July 24 here in Madhya Pradesh, bringing together some

of the country's finest junior women's hockey academies to showcase the next generation of Indian hockey talent.

The 11-day tournament will conclude on August 3, with the top teams from both pools competing for the championship title. A total of 12 academy teams have been divided into two pools of six teams each, with every team playing the others in its respective pool during the league stage. The top two teams from each pool will qualify for the semi-finals, scheduled for 2 August, followed by the third-place playoff and the final on 3 August. Pool A comprises Raja Karan Hockey Academy, Khalsa Hockey Academy (Amritsar), Sports Authority

of Gujarat - Hockey Academy, Hockey Family Badhkhalsa NCR Hockey Society, Tamil Nadu Hockey Academy, and Pritam Siwach Hockey Academy, Sonapat.

Pool B features Ritu Rani Hockey Academy, Vadipatti Raja Hockey Academy, Bhai Behlo Hockey Academy Bhagta, Mumbai Schools Sports Association, Adyar Hockey Academy, and Madhya Pradesh Hockey Academy.

The tournament will follow a league format during the pool stage, with teams earning three points for a win, one point for a draw, and no points for a loss. In classification matches where a winner is required, tied contests will be decided by a shoot-out in accordance with the FIH Tournament Regulations.

Speaking ahead of the championship, Hockey India President Dilip Tirkey said, "The Junior Women Academy Championship has become an important platform in our efforts to strengthen the grassroots development pathway for women's hockey in India."

West Indies fined for slow over-rate in fifth ODI against New Zealand



United News Of India

DUBAI, JULY 23 :The West Indies have been fined five per cent of their match fee for maintaining a slow over-rate in the fifth Men's ODI against New Zealand in Bridgetown on Tuesday.

Javagal Srinath of the Emirates ICC Elite Panel of Match Referees imposed the sanction after Shai Hope's side was ruled to be one over short of the target after time allowances were taken into consideration.

In accordance with Article 2.22 of the ICC Code of Conduct for Players and Player Support Personnel, which relates to minimum over-rate offences, players are fined five per cent of their match fee for every over their side fails to bowl in the allotted time.

Hope pled guilty to the offence and accepted the proposed sanction, so there was no need for a formal hearing.

England unveil schedule for blockbuster 2027 home summer

United News Of India

LONDON, JULY 23 :The England and Wales Cricket Board (ECB) have confirmed the Men's and Women's teams' home schedule, with the five-Test Ashes series for the men's and the women's multi-format Ashes headlining a packed home summer. Following their 4-1 crushing Down Under earlier this year, the Men's side will begin their bid to reclaim the Ashes at Trent Bridge on June 18 before Tests at Lord's, Edgbaston, the Rose Bowl and The Oval.

The Rose Bowl will stage a men's Ashes Test for the first time, while The Oval will once again host the series finale from 29 July. England Women, meanwhile, will launch their multi-format Ashes campaign with a one-off Test at Headingley from 24 June - the venue's first women's Ashes Test since 2001.

The rivalry will then shift to the white-ball leg, with three T20Is at Trent Bridge, The Oval

and Emirates Old Trafford before a three-match ODI series at the

Lord's.

Preparations for the ICC



Utilita Bowl, Lord's and Edgbaston.

The series comes after England and Australia met in the ICC Women's T20 World Cup 2026 Final earlier this month, where the latter reigned as champions, according to ICC.

Outside the Ashes, England Men will open their home season with a five-match ODI series against Pakistan before hosting Bangladesh in a one-off Test at

Men's Cricket World Cup 2027 will conclude with a white-ball series against New Zealand in September.

England Women will round off their summer with T20I and ODI series against Bangladesh.

The ECB have also confirmed that The Oval will host the ICC World Test Championship 2027 Final from June 9 to 13, marking the second time the venue has staged the title decider.

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